

## ARMLIFT

### **Why?**

With age or after a significant loss of weight, excess skin can appear on your body. Cosmetic arm surgery consists of treating slack skin by removing any excess of it from this area.

### **The Intervention**

Cosmetic arm surgery is performed under local anaesthesia and takes approximately two hours. Cosmetic arm surgery consists of removing the excess skin via the interior of the arm so that the scar is virtually imperceptible. Cosmetic arm surgery can be associated with a liposculpture procedure for extracting accumulations of fat.

### **Results and Post-Operative Treatment**

The surgeon applies a dressing directly after the intervention. This dressing, as well as the stitches, is withdrawn two weeks after the cosmetic arm surgery. By removing the excess skin from the inside of the arm, the surgeon obtains an imperceptible scar, from the armpit to the elbow.

### **Instructions for patients**

#### **Before the Intervention:**

- If your procedure is under local anesthesia, drinking or smoking alcohol is prohibited, and light meals are recommended.
- Please do not take aspirin (or any drug containing acetylsalicylic acid) 10 days before the procedure.
- It is recommended to take "Nutrimonium" dietary supplements during the month before surgery.
- On the day of the procedure, it is recommended not to wear makeup, contact lenses or jewelry/piercings.
- On the day of the procedure, it is recommended to wear loose and comfortable clothing.
- On the morning of the procedure, the body should be washed with antiseptic soap type Hibiscrub, Uni-Cura or Betadermyl (available at pharmacies).

*NEW: hyperbaric oxygen therapy pre and post-operative. HBOT helps wound healing by bringing oxygen-rich plasma to tissue starved for oxygen. This therapy helps to improve/accelerate the healing process. Cost: €/£ 180 for 2 sessions. Attached more information.*

After the Intervention:

- Driving a car is prohibited for 24 hours after surgery.
- If you are fitted with a compressive corset after surgery, you must wear it for 8 weeks. You may wash this by hand in between.
- It is recommended that you take Dafalgan 1g(paracetamol) at the rate of 1 tablet of 1g, 4 times a day, alternating with Ibuprofen 600 mg, 3 times a day, and possibly Oxynorm instant 5mg, 2 times a day. However, the intake of the latter drug should be stopped in case of vomiting.
- A personalized pain schedule will be given to you the day of surgery.
- You will be prescribed antibiotics to be taken 2x/day.
- It is recommended that you take “Nutrimonium” nutritional supplements during the month following the procedure to speed up the healing process.
- An edema appears after the procedure, which disappears spontaneously.
- The stitches are removed after 14 days, by your doctor or at Be Clinic.
- Once the sutures are removed, the doctor places star strips and a waterproof plaster, which is removed after 5 days. The scars can be massaged with Cicalfate (Avène).
- Once the wounds are closed, a plaster type Bapscarcare can be applied to speed healing. It is important to protect them from the sun for at least a year.
- After the procedure, it is recommended not to carry heavy objects or play sports for 4 weeks.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

