

## **TIGHTER ARMS: ARM TUCK**

### **What is Arm Tuck? What conditions may be treated?**

**Arm Tuck**, or Brachioplasty, tightens and contours the saggy arms by removing excess skin and fat.

The surgery takes about two to three hours in a surgery center. Most procedures need general anesthesia, while some may require only local anesthesia.

### **When and What Results Might Be Expected? How long does the results last?**

Immediate and dramatic improvement of arm shape and excess skin are expected. Results generally last years to decades.

### **What is the recovery like? When can I return to work and activities?**

Postoperative garment is necessary for few weeks after surgery. Drains are usually removed within one week. Temporary tightness of the lower abdomen is expected. The usual recovery time is 2 weeks.

### **Any treatments to help maintain or enhance my results?**

Minor adjustments, maintenance, or further enhancements can often be done non-surgically with VelaSmooth™ for cellulite, LipoSmooth MesoTherapy™ for residual fat, or LipoTight for lax skin. More extensive or permanent changes require further surgical shaping.