



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

**BRACHIOPLASTY -  
TIGHTEN & LIFT THE  
UPPER ARM**



An arm lift, or brachioplasty, is a surgical procedure that removes hanging excess skin and endows the arm with a smooth, lithe contour. Many men and women experience sagging upper arms due to weight fluctuations, the natural ageing process, or genetics.

### **IS AN ARM LIFT FOR YOU?**

Do you notice any swaying of the skin between your elbow and your armpit? Do your upper arms have large amounts of loose skin that cause your sleeves to tug and sag?

As we become older, it can become more common, but it doesn't have to be your experience. It is frustrating because after spending hours at the gym, you can't seem to tone this area. Building muscle won't help skin that has lost its suppleness, and it might even make your arms look bigger and more prominent.

It's not just you. Sagging arms are a frequent problem. You might have lately undergone a considerable weight loss. 92% of the surgeons who responded to a recent survey felt that patients had functional issues related to extra skin following significant weight loss. You might have inherited a bad family trait.

Regardless of your lifestyle or family history, the elasticity loss that comes with ageing skin also contributes significantly to sagging arms.

This drooping skin is improved with an arm lift, along with the tissue of the upper arm and any localised pockets of fat. Before the skin is redraped, extra skin and fat are carefully removed. A new territory with contours is the end product.

## **BENEFITS OF BRACHIOPLASTY**

There are many benefits to getting an arm lift if you commit to a healthy lifestyle that includes a balanced diet and regular exercise. An arm lift can take years off the appearance of your body. This is particularly true if your arms have been making you self-conscious for some time now, as your quality of life and self-esteem will get a major boost. Imagine being able to wear cool, sleeveless shirts in the heat of summer, or feeling stunning in a strapless frock.

Slimmer arms also help draw attention to the shoulders and chest, and contribute to an overall slimmer appearance. Benefits of brachioplasty include:

- Contoured arms that are in better proportion to your fit body
- Minimal scarring that fades over time
- Better-fitting clothing
- Increase in activity and self-confidence
- Eradication of fat pockets makes arms feel lighter and increases mobility
- Immediately noticeable and long-lasting results

## **IDEAL ARM LIFT CANDIDATES**

The greatest candidates, like with any cosmetic procedures, are those who are ready to commit to a healthy lifestyle in order to appropriately preserve their results. They should ideally also be dedicated to a healthy future that includes consistent exercise and a balanced diet. They should have tried to tone their arms through regular exercise and be at or close to their ideal weight. To guarantee a quick healing process following an arm lift, smokers should stop both before and after the procedure. People who have unusually elastic skin and struggle with weight fluctuations are typically not thought of as excellent prospects.

Your sagging skin may have been exercise-resistant, but regular exercise will maintain your hard-earned results. Dr Vigo will be able to evaluate your candidacy for an arm lift after a review of your medical history and a thorough examination.

## **ARM LIFT TECHNIQUES**

During your personal consultation, Dr. Vigo will examine your arms and ask you questions to help him choose which arm lift procedure will produce the greatest results for you.





### **TRADITIONAL BRACHIOPLASTY**

The classic arm lift has the major advantage that scarring is not apparent from the front and will fade over time. In this treatment, the patient's back side arm is incised from the bottom of the armpit to the top of the armpit crease. After extra skin, tissue, and fat have been eliminated, the skin is redraped over the freshly shaped area and tightened. As a result, the patient and doctor get the desired taut appearance. Patients can request that the incision be done on the inner arm if they would rather the scar not be seen from behind. In this instance, though, some scarring is visible from the front. However, scarring caused by this method is negligible from all angles and noticeably gets lighter over time. Despite the fact that this is the most typical arm lift, Dr. Vigo always makes sure to tailor the surgery to each patient.

### **MINI BRACHIOPLASTY**

Patients who have only a slight amount of skin sagging or who are worried about scars should choose a small arm lift.

Along the base of the arm, close to the armpit, a smaller incision is made than during a conventional brachioplasty. Fat and extra skin are eliminated, just like in the standard surgery, before the wound is stitched and closed. The micro brachioplasty is intended to tighten and remove the smallest amount of skin. For individuals with severe extra skin and sagging, it is not advised.

### **EXTENDED BRACHIOPLASTY**

The extended brachioplasty is also known as an L-shaped brachioplasty because of the way the incision looks like the letter "L."

This form of brachioplasty, the broadest of all arm lift operations, extends the incision from the upper arm to just below the armpit on the patient's torso. This enables the removal of fat and extra skin from the sides of the chest as well as the underarm. It's an excellent option for people who are bothered by armpit bulges that can impair the appearance of strapless gowns, tube tops, and sleeveless blouses.

Of the three brachioplasty methods, it provides the greatest tightening but is often only recommended for individuals who have had significant weight changes.



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

A BRIEF NOTE FROM  
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

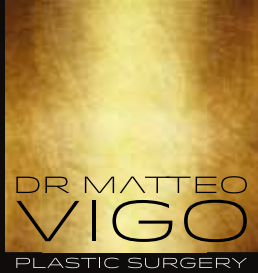
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



## PLASTIC SURGERY DUBAI

Click [here](#) to learn more about  
[Plastic Surgery Dubai](#).

---

To book a consultation with  
Dr Vigo, please contact us today.

EMAIL  
[booking@matteovigo.com](mailto:booking@matteovigo.com)

Telephone & Whatsapp  
+971 56 282 5825

Locations

**AMWAJ POLYCLINIC**

Building P11  
Jumeirah Beach Residence  
Dubai

**HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai