

## Arm Lift Surgery (Brachioplasty)

An arm lift is the solution for what is commonly known as the "batwing deformity." During this operation, a surgeon removes the loose skin and tissue and sews it back up again. The incision is typically a long T-shaped one that extends from just beneath the underarm all the way to the underside of the elbow.

Mainly natural aging causes batwings with gravity being the main culprit when it comes to causing underarm tissues to droop. With aging often comes either a loss of supporting fat tissue or a loss of muscle tone, but in either case each has the same effect of sagging upper arm skin due to weight loss. Dieting worsens the condition and exercise has very little effect when it comes to tightening up loose skin beneath the upper arms. Sagging underarm tissue can also be caused by extreme weight loss (for instance after a major operation) or by your weight gain and loss for years and years. The operation may also be performed on individuals who simply feel that the size or texture of their upper arms does not match the proportions of the rest of their body or who feel that their upper arms are inordinately large compared to the size of their lower arms and wrists.