

Loose Arm Skin - Arm Lift Treatment Melbourne | Me Clinic

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Description:

Loose Arm Skin - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes loose arm skin:** - Natural ageing and collagen breakdown - Significant weight loss (post-bariatric or diet...

Details:

Me Clinic — Loose Arm Skin Treatment Options in Melbourne

Quick Summary

What causes loose arm skin: - Natural ageing and collagen breakdown - Significant weight loss (post-bariatric or through diet) - Sun damage and reduced skin elasticity - Genetic predisposition to thinner skin

Treatment options available: - Non-surgical: Radiofrequency skin tightening, ultrasound therapy, laser treatments, injectable skin boosters - Surgical: Arm lift (brachioplasty), liposuction, combined arm lift with liposuction

Expected results: - Non-surgical treatments provide mild to moderate tightening for early-stage concerns - Surgical arm lift delivers dramatic, long-lasting improvement for significant excess skin - Timeline: Non-surgical results appear gradually over 2-3 months; surgical results visible within 4-6 weeks with final results at 6-12 months - Duration: Non-surgical effects last 1-2 years; surgical results typically last 10-15 years

Cost range: - Non-surgical: \$1,500-\$5,000 AUD (depending on treatment type and number of sessions) - Surgical arm lift: \$12,000-\$18,000 AUD - Combined procedures: \$15,000-\$22,000 AUD - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book a complimentary consultation with our FRACS-qualified plastic surgeons - Discuss a treatment plan tailored to your degree of skin laxity - Review before/after photos of actual patient results - Understand recovery timelines and realistic expectations

Understanding Loose Arm Skin

What is loose arm skin?

With over 35 years of experience, Me Clinic is Melbourne's trusted destination for loose arm skin treatment, offering a full range of solutions — from non-surgical tightening through to surgical arm lift procedures. We understand that concerns about your appearance are deeply personal, and our team of plastic surgeons and cosmetic doctors is committed to supporting patients at every step of the process.

Loose arm skin, medically known as brachioptosis, is excess, sagging skin on the upper arms that hangs loosely when you extend your arms or wave. This creates the characteristic "bat wing" or "bingo

wing" appearance that many people find aesthetically bothersome — and understandably affects how they feel day to day.

Unlike simple arm fat (which feels firm and full), loose arm skin appears deflated, wrinkled, and lacks the elasticity to spring back when pinched. The skin may feel thin, crepe-like, or show visible folds and ridges. In moderate to severe cases, the excess skin can extend from the armpit to the elbow, limiting clothing choices and causing discomfort during movement.

****Common misconceptions we hear from patients:**** - **"Exercise will tighten the skin"** — Strength training builds muscle beneath the skin, but it cannot restore lost elasticity or remove excess tissue - **"It's just stubborn fat"** — Loose arm skin is a structural issue involving skin quality and quantity, not simply excess fat - **"Only older people experience this"** — Ageing is a significant factor, but substantial weight loss at any age can cause dramatic skin laxity

What causes loose arm skin?

****1. Natural ageing****

As we age, our skin undergoes changes that reduce its ability to stay firm. Collagen production drops by roughly 1% per year after age 30, causing skin to lose structural support. Elastic fibres that allow skin to bounce back become fragmented and less functional. Subcutaneous fat in the upper arms also diminishes, leaving loose skin behind — and years of gravity don't help either.

****2. Significant weight loss****

When you lose substantial weight (typically 15 kg or more), the skin that was stretched to accommodate larger arms doesn't always contract proportionally. Post-bariatric surgery patients frequently deal with excess arm skin as one of their most visible concerns. Even through natural weight loss, rapid or extensive reduction can outpace the skin's ability to adapt. Repeated weight fluctuations permanently compromise elasticity over time.

****3. Genetic factors****

Some people inherit naturally thinner, less elastic skin that's more prone to sagging. Genetic variations also affect how efficiently the body produces and maintains collagen. Different skin types have varying levels of dermal thickness and elasticity, which is why two people the same age with similar histories can have noticeably different skin quality.

****4. Lifestyle factors****

UV radiation breaks down collagen and elastin fibres, causing premature skin laxity. Smoking narrows blood vessels, depriving skin of oxygen and nutrients while introducing toxins that damage connective tissue. Poor nutrition — particularly inadequate protein and vitamin C — impairs collagen synthesis, and chronic dehydration reduces skin plumpness and elasticity.

Who experiences loose arm skin?

Brachioptosis is most common in people over 40, though post-weight-loss patients can be any age. It increases significantly after 50 as hormonal changes (particularly menopause in women) accelerate skin ageing, and can affect people in their 30s following bariatric surgery or major weight loss.

Women experience it more frequently than men, due to generally thinner skin structure, hormonal changes during menopause, higher rates of weight loss surgery, and greater awareness of arm appearance.

****When it becomes noticeable:**** - Early stage: Slight crepiness or loss of firmness when flexing the arm - Moderate stage: Visible looseness when the arm is extended - Advanced stage: Significant excess skin creating pronounced folds, possibly interfering with movement or causing skin irritation

Why it matters

****Appearance concerns:**** Many patients find themselves avoiding sleeveless clothing even in warm weather, feeling self-conscious during everyday activities like waving or reaching, or simply feeling that their arms don't reflect how they feel inside.

****Physical considerations:**** In more severe cases, skin folds can cause chafing, rashes, or hygiene challenges. Excess skin may interfere with exercise or arm mobility, and skin folds can accumulate moisture and debris.

****Psychological impact:**** We hear regularly from patients who've stopped swimming, playing tennis, or doing yoga because of how they feel about their arms. Social withdrawal due to appearance-related anxiety is real, as is the frustration of achieving significant weight loss only to feel held back by remaining skin concerns.

Treatment is worth considering when loose arm skin is negatively affecting your quality of life, confidence, or physical comfort. There's no "right" time — it's a personal decision, and we're here to help you find the path that works for you.

Treatment Options

Non-Surgical Treatments

Non-surgical treatments work best for mild to moderate skin laxity where some elasticity remains. These options use carefully selected technologies to stimulate collagen production and achieve meaningful tightening without incisions or significant downtime.

1. Radiofrequency (RF) Skin Tightening

Radiofrequency energy heats the deeper layers of skin (the dermis), triggering the body's natural healing response. This stimulates new collagen and elastin production over several months, gradually tightening and firming the skin.

****Best for:**** - Mild skin laxity with good skin quality - Patients not yet ready for surgery - Maintenance after a surgical arm lift - Combination with other body contouring procedures

****Procedure details:**** - Procedure time: 30-45 minutes per treatment - Downtime: None — mild redness for a few hours at most - Results appear: Gradual improvement over 2-3 months - Results last: 1-2 years with appropriate skincare - Sessions needed: Typically 3-6 treatments spaced 4-6 weeks apart

****Cost range:**** \$400-\$800 AUD per session (\$1,500-\$4,500 AUD for a full treatment course)

****Pros:**** - No incisions or scarring - No downtime - Comfortable, with minimal discomfort - Can be repeated as needed

****Cons:**** - Results are subtle — not suitable for significant excess skin - Requires multiple sessions - Improvement is temporary and needs maintenance - Not effective if skin quality is very poor or excess tissue is substantial

2. Ultrasound Therapy

Focused ultrasound energy targets precise depths beneath the skin's surface, heating tissue to temperatures that stimulate collagen production without disturbing the outer skin layer. This tightens skin from within, producing gradual improvement.

****Best for:**** - Mild to moderate skin laxity - Patients wanting progressive, natural-looking improvement - Those seeking a non-invasive alternative to surgery

****Procedure details:**** - Procedure time: 45-60 minutes - Downtime: Minimal — possible temporary swelling or tenderness - Results appear: Progressive improvement over 2-4 months - Results last: 1-2 years - Sessions needed: Usually one treatment (may be repeated after 12-18 months)

****Cost range:**** \$2,500-\$4,000 AUD per session

****Pros:**** - Clinically validated for skin lifting - Single treatment session - Ultrasound imaging allows precise energy delivery - No cuts or needles

****Cons:**** - Can be mildly uncomfortable during treatment (temporary heat or tingling) - Modest results — roughly 10-20% improvement in laxity - Not suitable for significant excess skin - Higher cost per session than other non-surgical options

3. Laser Skin Tightening

Laser energy penetrates the skin to heat collagen fibres, causing them to contract immediately while stimulating longer-term collagen remodelling. Different wavelengths target various skin depths, allowing treatment to be tailored to specific concerns.

****Best for:**** - Mild skin crepiness and textural concerns - Improving overall skin quality and tone - Patients with sun-damaged arm skin

****Procedure details:**** - Procedure time: 20-40 minutes - Downtime: 1-3 days of mild redness - Results appear: Some immediate tightening; continued improvement over 3-6 months - Results last: 1-2 years - Sessions needed: 2-4 treatments spaced 4-6 weeks apart

****Cost range:**** \$500-\$1,200 AUD per session

****Pros:**** - Improves both texture and tightness simultaneously - Addresses pigmentation and sun damage - Relatively quick procedures - Well-established safety profile

****Cons:**** - Limited effectiveness for significant laxity - Multiple sessions required - Risk of burns if not performed correctly — rare with experienced practitioners - Results vary based on skin type and quality

4. Injectable Skin Boosters

Hyaluronic acid-based injectables are placed beneath the skin to improve hydration, stimulate collagen production, and enhance overall skin quality. Unlike volumising fillers, these products spread through tissue to improve skin quality rather than adding volume.

****Best for:**** - Improving skin quality and addressing crepiness - Mild, early-stage laxity - Complementing other treatments - Maintenance and prevention

****Procedure details:**** - Procedure time: 15-20 minutes - Downtime: Minor injection site bumps for 24-48 hours - Results appear: Gradual improvement over 4-8 weeks - Results last: 6-9 months - Sessions needed: Initial course of 2 sessions (4 weeks apart), then maintenance every 6-9 months

****Cost range:**** \$600-\$900 AUD per session

****Pros:**** - Minimal downtime - Improves skin hydration and texture - Quick procedure - Works well alongside other treatments

****Cons:**** - Does not address significant excess skin - Results are subtle by nature - Requires ongoing maintenance - Not appropriate as a standalone treatment for moderate to severe laxity

Surgical Treatment

Arm Lift (Brachioplasty)

For patients with moderate to severe loose arm skin, surgery offers the most dramatic and lasting improvement. An arm lift removes excess skin and tightens remaining tissue to create a more toned, defined arm contour — and for many patients, it's a genuinely transformative step.

Brachioplasty involves a carefully placed incision (typically along the inner or back of the arm) through which loose skin is excised and the remaining skin is tightened and repositioned.

****Types of arm lift:****

1. ****Minimal incision (limited) arm lift:**** Incision limited to the armpit area. Suitable for mild laxity affecting only the upper portion of the arm. Minimal scarring, though correction is more limited.
2. ****Standard arm lift:**** Incision from armpit to elbow along the inner arm. Addresses moderate to severe laxity along the entire upper arm. The most common approach for patients with significant excess skin.
3. ****Extended arm lift:**** Incision extends from the arm onto the chest wall. Required when excess skin extends beyond the arm to the side of the chest — common after massive weight loss. Provides the most comprehensive correction.

****Best for:**** - Moderate to severe excess arm skin that hangs visibly when arms are extended - Patients who have maintained stable weight for 6-12 months - Those seeking lasting improvement - Cases where non-surgical treatments would be insufficient

****Procedure details:**** - Procedure time: 2-3 hours (longer if combined with liposuction) - Anaesthesia: General anaesthesia or deep sedation - Hospital stay: Day surgery or overnight depending on the extent of the procedure - Recovery: - Return to desk work: 1-2 weeks - Avoid heavy lifting: 4-6 weeks - Resume exercise: 6-8 weeks - Final results: 6-12 months as swelling resolves and scars mature

****Results timeline:**** - Immediate improvement visible despite initial swelling - Major swelling subsides: 2-4 weeks - Most swelling resolved: 2-3 months - Scars soften and fade: 12-18 months - Results last: 10-15 years or longer with stable weight

****Cost range:**** \$12,000-\$18,000 AUD

This includes surgeon's fee, anaesthetist's fee, hospital/facility fees, compression garments, and follow-up appointments.

****Pros:**** - Dramatic, lasting results - Addresses significant excess skin that non-surgical approaches cannot - Can be combined with liposuction for comprehensive contouring - Predictable outcomes

****Cons:**** - A visible scar is the trade-off for removing excess skin (though typically well-concealed along the inner arm) - A meaningful recovery period with activity restrictions - Surgical risks including infection, bleeding, and poor wound healing - Higher cost than non-surgical options - Possible permanent numbness along the incision site - Cannot prevent the natural continuation of skin ageing

****Important considerations:****

Scarring is the trade-off for removing excess skin. Our surgeons place incisions strategically to minimise visibility and use advanced closure techniques. Scars typically fade to thin, pale lines over 12-18 months — they are permanent, but most patients find the improvement in contour is well worth it.

Weight stability matters: best results come when you've maintained a stable weight for 6-12 months before surgery. Smoking must cease 4-6 weeks before and after surgery to reduce healing complications — this is non-negotiable for your safety.

Liposuction (for specific cases)

If excess arm fullness is primarily due to fat rather than loose skin, liposuction can effectively contour the arms with smaller incisions and a faster recovery.

****Best for:**** - Excess arm fat with good skin elasticity (typically younger patients) - Localised fat deposits in the upper arms - Patients with firm skin that can contract well after fat removal

****Procedure details:**** - Procedure time: 1-2 hours - Anaesthesia: Local with sedation or general - Downtime: 1 week for most activities; 4 weeks for vigorous exercise - Cost range: \$4,000-\$7,000 AUD

****Pros:**** - Smaller incisions than an arm lift - Faster recovery - Effectively reduces arm circumference

****Cons:**** - Does not address loose skin — and can actually worsen the appearance if skin lacks elasticity - Not suitable for most patients with significant skin laxity - May require touch-up procedures

If loose skin is your primary concern, liposuction alone is unlikely to give you the outcome you're hoping for. During your consultation, your surgeon will assess your skin quality carefully to determine whether liposuction is appropriate, or whether an arm lift (or a combined approach) would better serve your goals.

Combined Arm Lift with Liposuction

Many patients achieve their best results by combining liposuction with an arm lift to address both excess fat and loose skin in a single procedure. Liposuction removes fatty deposits before skin excision, allowing for more refined contouring.

****Best for:**** - Patients with both significant excess skin and excess fat - Post-weight-loss patients - Those seeking comprehensive arm rejuvenation in one procedure

****Procedure details:**** - Procedure time: 2.5-4 hours - Similar recovery to a standard arm lift - Cost range: \$15,000-\$22,000 AUD

****Advantages:**** - Addresses both fat and skin simultaneously - More refined contour than an arm lift alone - Single recovery period - Better overall aesthetic outcome

Choosing the Right Treatment

Consider non-surgical treatments if:

- ****You have mild to moderate skin laxity**** — your skin still retains some elasticity and the looseness is noticeable but not severely hanging - ****You prefer minimal downtime**** — your lifestyle doesn't accommodate 2+ weeks of recovery - ****You'd like to start conservatively**** — you want to explore what's achievable non-surgically before considering further options - ****You're not ready for surgery**** — you prefer to avoid incisions, anaesthesia, and surgical recovery at this stage - ****Budget is a consideration**** — you'd prefer to spread investment over time with smaller treatment sessions - ****Skin quality is your primary concern**** — your issue is more about crepiness and texture than actual excess tissue

Consider arm lift surgery if:

- ****You have significant loose skin**** — excess skin that hangs visibly when your arms are extended - ****You want long-lasting results**** — you're after a one-time solution rather than ongoing maintenance - ****Non-surgical options haven't been sufficient**** — you've explored RF, ultrasound, or other treatments and the improvement hasn't met your goals - ****You can accommodate recovery time**** — you're able to take 1-2 weeks away from work and 6-8 weeks away from vigorous activity - ****You understand and accept the scar trade-off**** — you've considered scarring carefully and prioritise contour improvement - ****Your weight has been stable**** — you've maintained your weight for 6-12 months

Combination approaches

Many patients achieve their best outcomes by combining treatments:

****Arm lift + liposuction:**** Addresses both excess skin and stubborn fat in one procedure for comprehensive rejuvenation.

****Arm lift + skin tightening (staged):**** Surgical lift first for major correction, followed by RF or ultrasound 12-18 months later to optimise skin quality and help prolong results.

****RF skin tightening + injectable skin boosters:**** Maximises collagen stimulation for patients with mild laxity who want to avoid surgery.

Your Me Clinic surgeon will recommend the most appropriate approach during your consultation, taking into account your anatomy, skin quality, goals, and lifestyle.

What to Expect at Me Clinic

1. Initial Consultation (Complimentary)

Your journey begins with a thorough consultation with one of our FRACS-qualified plastic surgeons or specialist cosmetic physicians.

****During your consultation:**** - Your surgeon examines skin elasticity, degree of laxity, fat distribution, and overall arm contour - We listen to what matters most to you and what outcomes you're hoping to achieve - We review relevant health conditions, medications, previous surgeries, weight history, and smoking status - You receive clear explanations of all suitable options — both non-surgical and surgical — so you can make an informed decision - We discuss what results are genuinely achievable for your specific situation, including limitations - You receive a detailed written quote with no hidden fees - We share actual patient results from cases similar to yours

****What makes our consultation different:****

At Me Clinic, we will never pressure you into treatment. Our Responsible Cosmetic Medicine™ philosophy means we'll tell you honestly if a particular treatment isn't appropriate for you, or if waiting would serve you better. Some patients leave their consultation with a recommendation to maintain their weight a little longer, explore non-surgical options first, or even reconsider whether treatment is necessary at all. Patient wellbeing comes first.

2. Treatment Planning

Once you've decided to move forward, we create a personalised treatment plan that includes: - Specific procedure(s) recommended for your situation - Timeline and number of sessions (for non-surgical treatments) - Pre-treatment preparation instructions - A detailed cost breakdown - Expected recovery timeline (for surgery) - Realistic outcome projections

****Pre-treatment preparation:****

For non-surgical treatments: - Generally minimal preparation required - Avoid blood thinners if medically safe (aspirin, ibuprofen) for 7 days before treatment - Arrive with clean skin — no lotions or creams

For surgical arm lift: - Medical clearance if over 50 or with relevant health conditions - Stop smoking 4-6 weeks before surgery - Avoid anti-inflammatory medications for 2 weeks prior - Arrange for someone to drive you home and stay with you for 24 hours - Prepare your recovery area at home - Fill prescriptions in advance

3. The Me Clinic Difference

Responsible Cosmetic Medicine™

This philosophy has been at the core of our practice for over 35 years.

We only offer procedures with a proven safety and efficacy record. If a popular treatment lacks solid research backing, we won't offer it — no matter how trendy it may be elsewhere.

We will turn away patients who aren't suitable candidates. This includes those with unrealistic expectations, unstable weight, active smoking, or medical conditions that increase surgical risk. Your safety and long-term satisfaction matter more than any other consideration.

We believe the most successful cosmetic surgery is the kind people don't immediately notice. Our goal is for you to look like a refreshed, more confident version of yourself.

Where appropriate, we recommend less invasive options before considering surgery. A patient with mild laxity may be guided toward RF treatments first, with surgery considered only if needed later.

Your relationship with us doesn't end when your procedure is complete. We provide thorough follow-up care, monitor your healing closely, address concerns promptly, and remain available throughout your recovery.

Experienced Practitioners

Our surgical team holds Fellowship of the Royal Australasian College of Surgeons (FRACS) qualification in plastic and reconstructive surgery — the highest surgical qualification available in Australia. Our non-surgical practitioners are medical doctors with advanced training in cosmetic injectables and energy-based devices. Our nursing staff are Registered Nurses with specialised cosmetic medicine training.

****Our track record:**** - 25,000+ surgical procedures performed - 60,000+ non-surgical treatments delivered - Decades of combined experience - Hundreds of five-star patient reviews

Transparent Pricing

Our surgical pricing is available on our website and provided in writing during your consultation. The quote you receive includes all components: surgeon's fee, anaesthetist, hospital/facility, compression garments, and follow-up appointments. Payment plans are available through TLC (Total Lifestyle Credit) and other medical finance providers.

While cosmetic arm lifts are generally not covered by Medicare, we'll clarify during your consultation if any component of your treatment may qualify for a partial rebate — rare, but possible if there is a documented functional or medical element.

Frequently Asked Questions

1. How much does loose arm skin treatment cost in Melbourne?

****Non-surgical options:**** - Radiofrequency skin tightening: \$1,500-\$4,500 AUD (full course) - Ultrasound therapy: \$2,500-\$4,000 AUD (single treatment) - Laser tightening: \$1,000-\$4,800 AUD (full course) - Injectable skin boosters: \$1,200-\$1,800 AUD (initial course plus maintenance)

****Surgical options:**** - Arm lift (brachioplasty): \$12,000-\$18,000 AUD - Liposuction alone: \$4,000-\$7,000 AUD - Combined arm lift with liposuction: \$15,000-\$22,000 AUD

At Me Clinic, we provide transparent pricing during your complimentary consultation, along with a detailed written quote that includes all fees.

2. How long do results last?

****Non-surgical treatments:**** - Injectable skin boosters: 6-9 months (requires ongoing maintenance) - Radiofrequency/ultrasound: 1-2 years (may benefit from maintenance sessions) - Laser tightening: 1-2 years

****Surgical arm lift:**** - 10-15 years or longer - The removed skin does not return - Natural ageing continues at a normal rate, so some gradual changes will occur over time - Maintaining a stable weight helps prolong results

****Factors that influence longevity:**** - Your age at time of treatment - Skin quality and genetics - Consistent sun protection and skincare - Weight stability - Smoking status - Overall health

3. Is there any downtime?

****Non-surgical treatments:**** - RF/ultrasound/laser: None to minimal (mild redness for a few hours; most patients return to work the same day) - Injectable skin boosters: 24-48 hours of minor bumps at injection sites

****Surgical arm lift:**** - Return to desk work: 1-2 weeks - Avoid heavy lifting: 4-6 weeks - Resume upper body exercise: 6-8 weeks - Full healing: 3-6 months for swelling to resolve; 12-18 months for scars to fully mature

During surgical recovery, you'll be guided to wear compression garments for 4-6 weeks, sleep with arms elevated for the first week, avoid raising arms overhead for 2-3 weeks, and keep incisions dry and protected as instructed.

4. Will it look natural?

Natural-looking results are central to our Responsible Cosmetic Medicine™ philosophy.

For surgical arm lifts, we remove excess skin conservatively, avoiding overly tight or unnatural contours. Incisions are placed along the inner or back of the arm where they're least visible, and advanced closure techniques are used to minimise scar appearance. Our goal is arms that look toned and proportionate.

For non-surgical treatments, results are subtle and gradual. Improvement appears over weeks to months, with no sudden or obvious changes. Skin looks refreshed and firmer, not artificially treated.

Most of our patients find that even close friends simply notice they look healthier and more at ease — not that they've had a procedure.

5. Am I too young or too old for treatment?

There's no universal age limit, but age-related considerations do matter.

Younger patients (under 40) often respond best to non-surgical treatments due to better skin quality and elasticity. Surgical arm lift is less common in this group unless following major weight loss.

Middle-aged patients (40-60) are our most common demographic for both non-surgical and surgical arm treatments. They're often ideal candidates — skin laxity is significant enough to warrant treatment while healing capacity remains good.

Older patients (over 60) are not automatically excluded from surgery. Some patients in their 70s are excellent surgical candidates; some 60-year-olds are not. It depends entirely on the individual. Non-surgical treatments can be very effective with appropriate expectations.

During your consultation, we evaluate skin quality and degree of laxity, overall health and fitness for anaesthesia (for surgery), realistic expectations, personal motivations, and weight stability.

6. Does Medicare cover any arm skin treatments?

Generally, no. Cosmetic treatments are considered elective and are not covered by Medicare or private health insurance.

If excess arm skin causes documented medical problems — chronic skin infections, severe chafing, or functional impairment — a portion of the procedure *may* qualify for a Medicare rebate. This typically requires documentation from your GP and a specialist assessment. Even when medical necessity is demonstrated, rebates are partial.

Private health insurance does not cover cosmetic procedures, though it may cover hospital accommodation and theatre fees if the procedure is deemed medically necessary (rare), and may cover compression garments in some circumstances.

If there is any possibility of a Medicare item number applying to your situation, we will discuss it openly during your consultation and provide any necessary documentation.

7. What are the risks?

All medical procedures carry some degree of risk. We take the time to discuss all risks thoroughly during your consultation so you feel fully informed before proceeding.

****Non-surgical treatment risks (rare):**** - Radiofrequency/ultrasound/laser: Temporary redness, swelling, minor burns (very rare with experienced practitioners), uneven results - Injectable skin boosters: Bruising, swelling, lumpiness (typically resolves within days), allergic reaction (extremely rare)

****Surgical arm lift risks:****

Common (affecting 5-20% of patients): Swelling and bruising (expected and temporary), numbness along the incision line (may be permanent, but usually improves), scar widening or hypertrophic scarring, temporary firmness or tightness.

Uncommon (affecting 1-5% of patients): Wound healing delays, infection requiring antibiotics, fluid accumulation (seroma) requiring drainage, asymmetry requiring revision.

Rare (affecting less than 1% of patients): Significant bleeding requiring a return to surgery, blood clots (deep vein thrombosis), skin necrosis requiring additional surgery, nerve damage causing permanent numbness or movement issues, anaesthesia complications.

****How we work to keep you safe:**** - Thorough medical screening before any surgical procedure - FRACS-qualified surgeons with extensive experience - Accredited hospital facilities with full emergency capabilities - Compression garments and mobility protocols to help prevent blood clots - Antibiotic protocols to minimise infection risk - Detailed post-operative instructions and close monitoring throughout recovery

8. Can I see before/after photos?

Yes. Reviewing before/after results is an important part of your consultation with us.

You'll see actual Me Clinic patient results (shared with their full consent), cases matched to your degree of laxity and arm shape, a range of treatment approaches, different arm lift scar patterns and healing progressions, and a realistic range of outcomes.

When reviewing photos, look at the degree of improvement achievable, scar placement and appearance at various healing stages, natural-looking contours and proportions, and overall symmetry.

Results vary between individuals based on skin quality, healing capacity, age, and other factors. Reviewing photos helps set realistic expectations — but they don't guarantee identical outcomes for every patient.

We do not publish patient photos online without explicit consent, but meaningful reference examples are available during your in-person consultation.

9. How do I prepare for treatment?

****For non-surgical treatments (RF, ultrasound, laser):**** - Arrive with clean, product-free skin - Avoid blood-thinning medications for 7 days if medically safe (aspirin, ibuprofen, fish oil, vitamin E) - Stay well-hydrated

****For surgical arm lift:****

4-6 weeks before: Stop smoking (essential for safe healing), optimise your nutrition (high protein, vitamins), maintain a stable weight.

2 weeks before: Stop anti-inflammatory medications (aspirin, ibuprofen), discontinue herbal supplements (many affect bleeding), arrange time off work and support at home.

1 week before: Fill all prescriptions so they're ready when you need them. Purchase supplies: compression garment (if not provided), extra pillows, front-opening loose shirts. Arrange transportation home and 24-hour care.

The day before: Fast from midnight. Shower with antibacterial soap. Remove nail polish, jewellery, and contact lenses.

On the day of surgery: Wear comfortable, loose-fitting clothing (a button-up shirt works well). Leave valuables at home. Bring your driver — you will not be able to drive yourself home.

10. When will I see results?

****Non-surgical treatments:**** - Immediately: A minor sense of tightness or firmness may be noticeable - 2-4 weeks: Early collagen stimulation begins - 2-3 months: Progressive improvement as new collagen forms - 4-6 months: Peak results achieved - Effects slowly diminish over 12-24 months without maintenance sessions

****Surgical arm lift:**** - Immediately post-op: Dramatic improvement is visible even through initial swelling and bruising - 1-2 weeks: Major swelling subsides; contour improvement becomes more apparent - 4-6 weeks: Most swelling resolved; a wider variety of clothing becomes comfortable - 3 months: Results looking natural and settled - 6-12 months: Final results with scars softened and faded to fine lines - 12-18 months: Scars continue to fade and flatten

Patience matters — particularly with non-surgical treatments that work gradually. Swelling can fluctuate during surgical recovery (often more pronounced in the mornings or after activity). Scars initially appear red and raised before softening and fading. We encourage patients to wait at least 12 months before making a final assessment of their surgical results.

11. Can I combine arm lift with other procedures?

Yes — combining procedures is both common and practical, allowing you to achieve comprehensive results within a single recovery period.

****Common combinations with arm lift:****

Tummy tuck + arm lift: A popular choice after significant weight loss, addressing both abdominal and arm excess skin simultaneously.

Thigh lift + arm lift: Comprehensive contouring of both the lower and upper extremities.

Breast lift/reduction + arm lift: Addresses concerns that commonly arise together after weight loss or ageing.

Liposuction (multiple areas) + arm lift: Removes stubborn fat from the arms, abdomen, flanks, or thighs while lifting and reshaping the arms.

Body lift + arm lift: Complete body contouring for post-bariatric patients seeking comprehensive transformation.

****Advantages:**** Single anaesthesia session, one recovery period, more cost-effective than separate procedures, comprehensive transformation.

****Considerations:**** Longer surgery time, more extensive recovery, higher overall investment (though less than separate procedures), increased temporary physical limitations.

Your surgeon will discuss whether combining procedures is safe and appropriate for your specific situation — and will only recommend what is genuinely in your best interest.

12. Will the excess skin come back?

After a surgical arm lift: No. The removed skin is permanently gone and does not regenerate.

That said, natural ageing continues at a normal rate, so some gradual loosening may occur over 10-15+ years — though never to pre-surgery levels. Significant weight gain can stretch remaining skin and affect results. Continued sun exposure accelerates skin ageing.

After non-surgical treatments, results are temporary because these treatments work by stimulating collagen — they don't remove skin. As the stimulated collagen gradually breaks down over 1-2 years, the improvement naturally diminishes.

****Caring for your results long-term:**** - Maintain a stable weight - Protect your skin from sun exposure (SPF 30+ daily) - Avoid smoking - Stay well-hydrated and eat a balanced diet - Consider maintenance non-surgical treatments in the years following surgery - Follow up with your surgeon if you notice significant changes

13. What's the best age to have an arm lift?

There is no single "best" age. The right time depends on your individual circumstances.

Ideal candidates have achieved and maintained a stable weight for 6-12 months, have realistic expectations about outcomes and scarring, are in good enough health for surgery and anaesthesia, are non-smokers (or genuinely committed to quitting), and are sufficiently bothered by their skin laxity to accept the recovery and trade-offs involved.

Patients in their 30s-40s are often post-weight-loss cases with excellent healing capacity who will enjoy results for many decades. Middle-aged patients (50s-60s) are our most common demographic — ageing-related laxity is significant enough to justify surgery, and healing capacity is still good. Patients over 70 can be excellent candidates if their health is good, though healing may be somewhat slower and medical clearance is essential.

The "best" age is when you're healthy, genuinely affected by the concern, prepared to accept the recovery and scarring involved, and have maintained a stable weight for an adequate period. For one person, that might be 35. For another, it might be 65.

14. How noticeable will the scars be?

Scarring is the inevitable trade-off for removing excess skin — understanding what to expect is an important part of making an informed decision.

The scar runs along the inner or back of the upper arm from the armpit toward the elbow. Placement depends on the pattern of excess skin, and our surgeons position scars to be as inconspicuous as possible when arms are at your sides.

****Scar appearance over time:**** - Immediately post-op: A neat, closed surgical incision with sutures or surgical glue - 2-8 weeks: Red, raised, and firm — the normal inflammatory healing phase - 3-6 months: Begins softening and flattening; redness starts to fade - 6-12 months: Noticeable improvement; the scar becomes paler and softer - 12-18 months: Most fading and flattening is complete - Final appearance: A thin, pale line — often white or slightly pink, generally flat or minimally raised

****Factors that influence scar quality:**** - Genetics: Some people are naturally better healers — this isn't entirely predictable - Skin type: Darker skin tones can be more prone to hyperpigmentation and keloid scarring - Surgical technique: Our surgeons use meticulous, layered closure techniques designed to optimise healing - Post-operative care: Following instructions carefully, avoiding tension on incisions, and protecting from sun exposure all influence the final result - Smoking: Smoking significantly worsens both scarring and overall healing

****Scar management support:**** We provide detailed scar care guidance, including silicone gel or sheeting application, massage techniques once the skin has healed, sun protection advice, and guidance on when laser scar revision may be worth considering.

Most of our patients find that the improved arm contour is worth the scar trade-off. While scars are permanent, they typically mature into thin, barely noticeable lines that are easily concealed. Many patients tell us that friends and family never notice their scars unless they're pointed out.

15. What if I'm not happy with the results?

Patient satisfaction matters deeply to us. While we work hard to achieve excellent outcomes, concerns can sometimes arise — and when they do, we take them seriously.

****For non-surgical treatments:**** We review your response carefully at follow-up appointments. Additional sessions may be recommended to optimise your outcome. If results don't meet reasonable expectations despite an appropriate treatment course, we'll discuss alternative approaches.

****For surgical arm lift:**** Minor asymmetries or irregularities often resolve naturally with time as swelling subsides and tissues settle. We monitor healing closely during all follow-up appointments. If a genuine complication or unsatisfactory outcome occurs despite proper healing, revision surgery may be offered.

Revision procedures may address persistent asymmetry, scar widening, inadequate skin removal, or contour irregularities. Revisions are typically performed 6-12 months after the initial surgery, once all swelling has resolved and scars have fully matured.

Dissatisfaction stemming from unrealistic expectations or the inherent limitations of any procedure — such as scarring — does not constitute a poor surgical result. Surgical outcomes are also influenced by individual healing, which varies from person to person. During your consultation, we will always be straightforward about what is achievable and what is not.

Real Patient Results

Over 35+ years of practice, we've cared for thousands of patients with loose arm skin concerns — ranging from mild crepiness addressed with non-surgical tightening, through to significant post-bariatric excess skin requiring comprehensive surgical correction.

Individual results vary based on age, skin quality, degree of laxity, and healing capacity. Our before/after gallery reflects the genuine range of outcomes achievable through our evidence-based treatment protocols.

You'll see patients who achieved meaningful improvement with non-surgical approaches alone, transformative results from arm lift surgery, combined procedures addressing both excess fat and skin, various scar patterns and healing progressions, and a realistic range of initial laxity presentations and

outcomes.

During your consultation, your Me Clinic practitioner will show you cases that closely match your own situation and discuss realistic expectations tailored to your anatomy, skin quality, and goals.

We're proud of the results we achieve — and equally proud of the honest approach we bring to every patient conversation. We will never present unrealistic best-case scenarios or make promises we cannot reliably keep.

Book Your Complimentary Consultation

The first step is a comprehensive, no-obligation consultation with one of our experienced practitioners. We'll assess your concerns, explain all suitable options — surgical and non-surgical — provide transparent pricing, and help you make an informed decision about whether treatment is right for you.

Three Ways to Book:

****1. Call:**** (03) 8823 5859 Speak with our team Monday-Friday 9am-5pm, Saturday 9am-3pm

****2. Online:**** Book via website Select "Body Consultation" and choose your preferred date and time

****3. Email:**** info@meclinic.com.au Include your name, phone number, preferred contact time, and a brief description of your concerns

What to Bring to Your Consultation:

- A list of your current medications (including supplements) - Your medical history (previous surgeries, health conditions) - Questions for your practitioner — write them down so nothing gets forgotten - Photos showing your concern (optional but helpful, particularly if your arm's appearance varies when raised versus lowered)

Your Consultation Includes:

- Comprehensive assessment of your arm skin laxity, quality, and overall contour - Personalised treatment recommendations — non-surgical, surgical, or a combination - Transparent pricing with a detailed written quote - Before/after gallery review of actual patient results - Honest expectation-setting about outcomes, limitations, and recovery timelines - No obligation to proceed

Me Clinic Location:

****Me Clinic**** 4 Burke Road, Malvern East VIC 3145

- Convenient on-site parking available - Accessible via public transport (tram route 5, 6, 64, 72) - Ground-floor accessibility - Private, comfortable consultation rooms

****Book your complimentary consultation today.****

> ****Disclaimer:**** All facts and statements above are general information, not professional advice. Consult relevant experts for specific guidance.