

## **Sagging Arms**

**by Schuyler C. Metlis, M.D., F.A.C.S**

For women and men whose upper arm skin hangs down, due to weight loss or just gravity, there are now updated surgical techniques to repair this problem.

The problem is usually confined to the area from the armpit (axilla) to the elbow region, or just the area closest to the armpit.

For people who have only a limited amount of skin hanging down, it is possible to pull the extra skin upward, toward the shoulder, and hide the scar in the armpit.

For those with larger amounts of extra skin, it is usually necessary to make an incision that runs parallel with the arm on the inside of the arm. This is positioned to hide, either in the groove between the muscles of the upper arm, or at the very bottom of the upper arm, so that it is also not visible from behind, and less noticeable from the front.

For those who also have extra fat underneath the extra skin, it is removed by liposuction; in which case even more skin can be removed, further improving the contour of the arm.

Activities are limited for a few days, stitches dissolve by themselves, and athletics and exercise involving the arms are avoided for a few weeks.

As with any operation, surgery to remove excess skin of the upper arm is not without risks. In addition to the usual risks of surgery, care must be taken because of the location of some of the nerves in the upper arm, so you will want a surgeon with training in operating on this part of the body.

To find out if you would benefit from surgery to reduce the extra skin of your upper arm, call for an appointment.

*Dr. Schuyler C. Metlis is a board certified plastic surgeon specializing in cosmetic and reconstructive plastic surgery with an office in Palm Beach Gardens since 1980. For more information, Dr. Metlis can be reached at (561) 622-4210.*