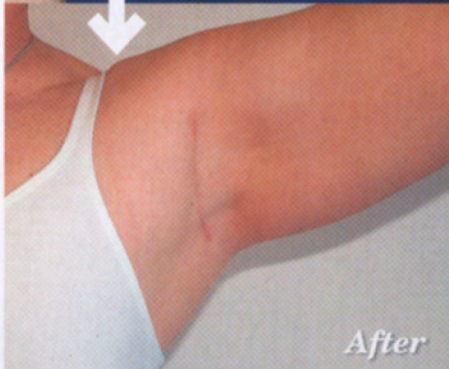




*Before*



*After*

## Brachioplasty

***What's the deal?*** Loose skin under the arms can be difficult to alleviate through diet and exercise alone. "No age group is immune and even if the skin is firm, some people simply have too much tissue in the upper arm," explains Dr Kohout. Brachioplasty (arm reduction) can be performed by either having some simple liposuction done or removing the excess skin. Depending on the extent of the incisions for the latter, it may be able to be performed as day surgery or could require a couple of days in hospital.

***Side effects:*** As with most forms of invasive surgery, there may be pain, swelling and bruising.

***Cost:*** Approximately \$8700 (however private health insurance may reduce this).

***Want more info?*** Call 1300 551 151.