

Arm Lift Surgery

Brachioplasty — Your Friendly Guide to What to Expect

Everything you need to know, written in plain English — no jargon, no scary stuff.

So — What Exactly is an Arm Lift?

First things first — you are absolutely not alone in looking into this. An arm lift (the medical name is brachioplasty) is one of the most popular body contouring procedures we help people access in India, and for very good reason.

Here's the thing: no matter how hard you work out, exercise simply cannot fix loose, sagging skin on the upper arm. That batwing appearance — the drooping skin on the underside of your arm — is caused by a loss of skin elasticity. It can happen because of significant weight loss, the natural ageing process, genetics, or a combination of all three. It is not something you did wrong, and it is not something you can fix with more gym time.

An arm lift surgically removes that excess skin and fat between your underarm and elbow, tightens the underlying tissue, and reshapes your arm so it looks and feels smoother, firmer, and more proportionate to the rest of your body.

The result? More confidence, more clothing choices, and arms you actually feel good about. The honest trade-off is a scar on the inside of your upper arm — but for most people, that sits in a place that's easy to manage and fades significantly over time.

Is an Arm Lift Right for You?

You might be a great candidate if you tick most of these boxes:

✓	Your weight is relatively stable — you're not planning major weight changes soon
✓	You are generally healthy with no medical conditions that would affect wound healing
✓	You are a non-smoker (or willing to stop well in advance of surgery)
✓	You have realistic expectations about what the surgery can and can't do
✓	You are committed to looking after yourself with good nutrition and an active lifestyle after surgery
✓	You are bothered by excess skin on your upper arms that exercise has not been able to fix

 Not sure if you qualify?

Don't worry — that's exactly what your initial consultation is for. The surgical team will review your health history, look at your specific situation, and give you an honest, personalised assessment. There's no pressure, and no commitment required at that stage.

How the Surgery Actually Works — Step by Step

Here is exactly what happens, from start to finish, in plain English:

1

You go under anaesthesia

Most arm lifts are performed under general anaesthesia, so you are completely asleep and comfortable throughout. In some cases local anaesthesia with sedation may be used — your surgeon will discuss what's right for you.

2

The incision is made

The surgeon makes an incision on the inside of your upper arm. The length depends on how much skin needs to be removed — it may run from the underarm all the way to just above the elbow, or it may be shorter. Your surgeon will explain exactly what they recommend for your specific case.

3

Excess fat is removed if needed

If there are pockets of fat in the upper arm, these may be removed during the same procedure — often using liposuction techniques alongside the skin removal.

4

The underlying tissue is tightened

The supportive tissue beneath the skin is tightened and reshaped using internal sutures. This is what creates the firm, toned contour — not just the skin removal itself.

5

The skin is smoothed and closed

The overlying skin is carefully smoothed over the new contour, excess skin is removed, and the incision is closed. Sutures may be absorbable (dissolve on their own) or may need to be removed 1–2 weeks later.

6

You wake up with bandaged arms

Once surgery is complete, dressings and bandages are applied to your incisions. Your arms may be wrapped in an elastic bandage to minimise swelling and support your new shape as you begin to heal. Small drainage tubes may be temporarily placed to remove any excess fluid — these are removed before you leave.

Before Your Surgery — What to Expect

Before the big day, your surgical team will walk you through everything you need to do to prepare. You'll receive specific instructions covering:

✓	Pre-surgical tests and diagnostic requirements
✓	Which medications and supplements to stop taking (and when)
✓	Day-of-surgery instructions — what to eat, drink, and wear
✓	Everything you need to know about your anaesthesia
✓	What your post-operative care will look like and when your follow-up appointments are

You'll also be asked to sign consent forms confirming that you fully understand the procedure, its outcomes, and its risks. Please read these carefully and ask every question you have — no question is too small.



Be completely honest with your surgical team

Tell them everything — your full health history, every medication and supplement you take, alcohol and tobacco use, and any past procedures. This information is what keeps you safe. There is no judgement, only care.

Risks — The Honest Bit

Every surgical procedure carries some level of risk, and we want you to feel fully informed rather than surprised. Your surgeon will discuss all of these with you in detail before you proceed.

!	Bleeding or infection at the incision site
!	Fluid accumulation (seroma)
!	Delayed or poor wound healing
!	Scarring — the scar may be excessive, widened, or raised in some cases
!	Numbness or changes in skin sensation
!	Uneven contours or asymmetry
!	Skin laxity relapse — in cases of very poor skin elasticity, some sagging may return over time
!	Risks associated with anaesthesia — these will be fully explained by your anaesthetist

It is completely natural to feel some nerves before surgery — whether that's excitement about the outcome or anxiety about the procedure itself. Please share how you are feeling with your surgical team. They have heard it all before and are genuinely there to support you.

Recovery — What Happens After Surgery

Here's what recovery typically looks like, week by week:

Timeline	What to Expect
Days 1–3	Your arms will be swollen, bruised, and uncomfortable — this is completely normal. Keep your arms elevated as much as possible. Start gentle walking as soon as you feel able — this helps reduce the risk of blood clots. Pain is manageable with medication.
Days 3–7	Swelling begins to reduce. You can move around more comfortably. Avoid lifting anything or putting weight through your arms. Follow your wound care instructions carefully.
Days 7–14	Sutures may be removed during this window if they are non-absorbable. Incisions are healing and looking better. Light daily activities are possible — but still no lifting or vigorous exercise.
Weeks 2–6	Most people return to work and light normal activities within a couple of weeks. Swelling and bruising continue to fade. You may still experience numbness or a firm feeling on the skin — this resolves over time.
Months 3–12+	Your final results emerge as swelling fully resolves and incision lines fade. Sun protection of the treated area is essential during this time. Results are long-lasting with a stable weight and general fitness.



Sun protection is essential during healing

Until your incisions are fully healed, sun exposure can cause the scars to darken or become raised and red. Keep the area covered or use a high-SPF sunscreen diligently — it makes a real difference to your long-term results.

Your Results — What to Look Forward To

The improvement in arm contour after a brachioplasty can be genuinely life-changing. Smoother, firmer arms that feel proportionate to the rest of your body. Clothes that fit and feel differently. A confidence that wasn't there before.

You'll notice a dramatic improvement almost immediately after surgery — though the initial results will be partially hidden by swelling and bruising. As those settle over the coming weeks and months, your true results emerge.

The honest trade-off is the scar on the inside of your upper arm. It sits in a location that is naturally less visible, and it will continue to fade and refine over the course of a year or more. For the vast majority of people, it is a very worthwhile exchange.

Your results will be long-lasting, provided you maintain a stable weight and stay generally fit and active. Some natural softening will occur as you age — but the core improvement remains.

Cost — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Arm Lift Surgery (brachioplasty)	~ \$3,500 – \$5,000	~ \$12,000 – \$18,000
Pre-operative tests, scans & consultations	~ \$300 – \$600	~ \$500 – \$1,000
Anaesthetist fee	Included	~ \$1,500 – \$2,500
Hospital / facility fee	Included	~ \$2,000 – \$4,000
Post-operative medications & dressings	~ \$100 – \$200	~ \$200 – \$500

Airfares, accommodation, transfers, and JBTG Limited's logistics and escort fees are additional — see your personalised invoice for full costings. All surgical costs are paid directly to the hospital.

i A note about JBTG Limited's role

We organise everything around your surgery — your flights, hotel, all your transfers, and we escort you every step of the way. We are not medical professionals. Your surgical team, your treatment decisions, and your medical contract are between you and the hospital directly. Our job is to make sure you get there, you're supported throughout, and you come home safely.

Ready to Find Out More?

Here's how to get started — it's simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a little about what you're hoping to achieve and we'll take it from there.

2

We connect you with our brokers in India

Our trusted on-the-ground medical brokers will assess your needs and connect you with the right surgical team for your specific situation.

3

You receive a personalised quote

The surgical team will provide a detailed quote based on your individual case. No surprises, no hidden costs.

4

We arrange everything

Once you're happy to go ahead, we take care of flights, hotel, transfers, and all logistics. You just need to show up.

5

We travel with you

You're not going alone. We escort you throughout the entire trip — to every appointment, every step of the way.

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Prices are indicative only. All medical information is for general guidance — please consult your surgical team for personalised advice.