

## Plastic surgeon focuses on arm lifts, treatments



Dr. Gregory Albert submitted photo: FRG

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### SHARELINES

 Delray doctor spent 10 years on arm lift procedures

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With a plastic surgery practice in Delray Beach, Dr. Gregory Albert is always up on the latest procedures from minimally invasive face and neck lifts to breast augmentation and rhinoplasty, better known as nose jobs.

His office has offers lasers and imaging technology, fillers and injectables and skincare for women and men.

But how to go sleeveless in Florida and contend with the dreaded upper arm flap has been a specialty since 2004.

### **Describe a brachioplasty or an upper arm lift.**

In my practice that includes three different procedures to reshape and tighten the arm. If there is just a minimal amount of sagging skin, the patient is a good candidate for ultrasonic liposuction and a small incision in the under arm. If there is more sagging skin and fat, the patient is a good candidate for a full arm lift.

### **How long is the down time?**

It varies from two to five days. Usually patients can return to limited work after a weekend recovery.

### **Does the patient have scars, and where are they and how long will they be visible?**

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The mini incision arm lift has a small scar in the crease of the under arm. The full arm lift has an incision that goes from the under arm to just above the elbow crease, but it is hidden in the crease of the arm. Both scars heal very well when done with special techniques I have developed while performing these procedures for over 10 years.

**How long will this last, and do you recommend another procedure in a specific time frame?**

The quality of the skin will determine the longevity. But generally the results last from 10 to 15 years. Most patients will benefit from a skin reparative treatment to increase collagen production and further improve the appearance of the skin. Often the surgery is combined with laser treatments and percutaneous [done through the skin] collagen induction treatments.

**Is there a skin care product the patient has to use?**

A prescription grade skin care program will improve the elasticity of the skin and decrease the age/sun spots. I recommend using Zo Skin Health products, which include Retin-A and Hydroquinone.

**Should the patient stay out of the sun?**

I recommend the patient wear sun block with SPF 50 or greater at all times and stay out of the sun for four to six weeks post-op.

**How long have you been offering this procedure?**

About 15 years ago a patient came to me and asked if there was a surgery that would allow her to wear short sleeves again. I told her I was performing a new procedure which would get her back into her sleeveless blouses. After that patient, I have successfully transformed arms of all shapes and sizes. From there, I went on to perfect the full arm lift with scars that heal imperceptibly.

**Are there any new wrinkles in this field?**

Some patients will be good candidates for non-invasive treatments like laser resurfacing, chemical peels and/or Thermage. These procedures offer less recovery time and a quicker fix than arm-lifting procedures.

**Who is your average patient?**

Most patients are female. Interest in arm surgery starts at age 30 with women who have arms proportionately larger than the rest of their body. Thirty percent of women have this fat deposit and are candidates for arm liposuction or a mini arm lift. When women get into their 40s, they are candidates for mini arm lifts. As women get into their 50s, they are candidates for all three procedures.

**How much does this cost and is it ever covered by insurance?**

The procedures cost between \$3,000 and \$5,000 and are generally not covered by insurance anymore.

**Is there anything else you want to say about this procedure?**

In my practice, this procedure is one of the most gratifying I perform. I enjoy seeing patients come into my office with sleeveless outfits they haven't worn for years or see pictures of them at their children's wedding with a sleeveless dress on.

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