Timeline – Arm Lift

1 FIRST APPOINTMENT

Appointment with your surgeon, assessment, surgical indication, and answering any questions you may have. You will also be given a detailed quote, so that you can review everything carefully at home.

2 CONFIRMATION
(In the days following the first appointment)

If you decide to go ahead with surgery, call or write to **(+34) 623 785 228**. You will speak with a member of our team, who will explain all the necessary procedures and, if you need financing, will start the relevant process. If you still have questions and are not yet ready to book, you can request a second appointment with your surgeon using the same telephone number.

3 PRE-OPERATIVE APPOINTMENT
(1 month before surgery)

You will be able to ask any questions you may have, and we will explain more details about the surgery and post-operative recovery. You will sign the informed consent forms, pre-operative photographs will be taken, and you will take home a dossier with all the needed information for your procedure.

4 PRE-OPERATIVE ASSESSMENT
(2–4 weeks before surgery)

You will arrange your pre-anaesthetic appointment by contacting the anaesthetics department, and you will undergo the standard pre-operative assessment.

5 DAY OF SURGERY

You will be admitted on the day of your surgery. You will need to go to the hospital admissions department, where they will complete your admission and tell you where to wait and where to leave your belongings. In the operating theatre, you will see your surgeon and discuss any questions you may have. She will make markings on your skin with a marker pen to guide the procedure. After the operation, you will usually spend 1–2 hours in the recovery area, after which you will be taken to your room, where your companions will be able to visit you.

6 DISCHARGE
(The day after surgery)

The day after surgery, if everything is going well, you will be able to go home.

7 FIRST FOLLOW-UP APPOINTMENT
(1 week after surgery)

8 SECOND FOLLOW-UP APPOINTMENT
(2 weeks after surgery)

9 THIRD FOLLOW-UP APPOINTMENT
(4 weeks after surgery)

From this point onwards, it is usual to see you again at **3, 6, and 12 months** after surgery. If additional appointments are required, there will be further follow-ups. If you live far away, once the first few weeks have passed, we can adapt your follow-up schedule accordingly.