



ARM LIFT SURGERY

Background

Brachioplasty surgery (also known as an arm lift) targets sagging skin on the upper arms. This condition is often seen if a patient loses a considerable amount of weight and also occurs as part of the ageing process. Commonly referred to as 'bingo wings', a standard arm lift removes excess hanging skin and stubborn fat deposits before the remaining skin and tissue is lifted for a smoother, tauter and more youthful look.

Our expert consultant cosmetic surgeons also provide mini arm lift surgery. This is most suitable for patients with less excess skin and minimal skin laxity. Vaser liposuction surgery may also be used to sculpt and reshape the upper arms. As for all Cosmetic Surgery Partners' procedures, treatment for upper-arm sagging skin is completely tailored to each individual patient to meet their unique needs and optimise results.

Treatment Options

We approach upper-arm excess and loose skin in numerous ways depending on a patient's individual needs. If you have lost a lot of weight and have a considerable amount of excess skin, standard brachioplasty surgery may be the most appropriate treatment. This involves an incision from the elbow region to the armpit to allow for the removal of segment of skin and fat. The area will then be lifted for a tighter look.

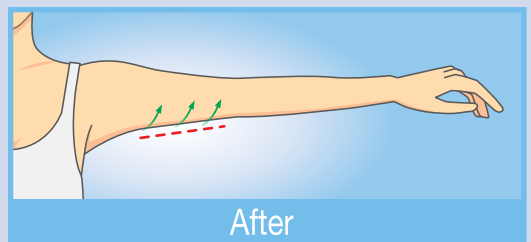
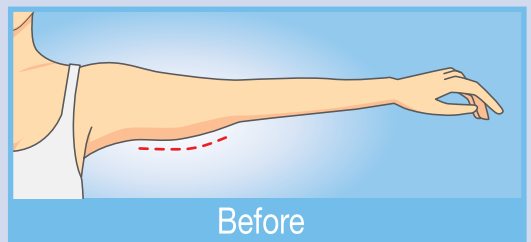
If your skin has relatively good tone, a mini arm lift could be an option. The benefit of this procedure is that scarring is hidden entirely within the armpit. Vaser liposuction surgery can also be appropriate for some patients helping to reshape and contour the upper-arm area.

Operative Procedure

The surgery is carried out under general anaesthetic and usually involves an overnight stay at our London-based hospital. It's important to consider the healing process which varies from one patient to the next but is typically 6 weeks. We will discuss all details of the surgery in depth during your consultation to help you

Further Information

To find out if brachioplasty (arm lift) surgery could be the right option for you, please book a consultation. Our expert surgeons will be able to assess your suitability and talk through possible treatment options. Please call our friendly clinic staff on 020 7486 6778 to book a consultation or ask any questions you may have regarding the procedure.





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