

Brachioplasty

Loose or excess skin around the upper arms can be caused by significant weight loss or a lack of elasticity in the skin that occurs as we age. It can feel uncomfortable and may affect clothing choices. We work with dedicated cosmetic and plastic specialists that can help by creating a tighter appearance.

Our cosmetic team will support your needs



When you book a consultation, you can choose to have this at KIMS Hospital or Sevenoaks Medical Centre and you will be seen by the Consultant who will actually perform your surgery. This surgery will be performed at KIMS Hospital. Your Consultant will provide you with guidance on the results you can expect, the recovery time and the additional information you need to help make the right decision for you. They will also follow you all the way through your recovery. This relationship is important to help you get the best possible results.

Prices & payment

Our cosmetic guide prices are exclusive of VAT. In some circumstances, you will be required to pay VAT for your treatment at the standard rate which is currently 20%. For more information, please speak to our enquiries team on 01622 237727.

Brachioplasty
from £8,286

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Siva Kumar

KIMS Hospital+2 locations

[View profile](#)



Mr Simon Mackey

Available at
KIMS Hospital

[View profile](#)

FAQs

What does a brachioplasty involve?

The upper arm reduction or arm lift is usually performed under general anaesthetic and takes approximately two to three hours. Your Consultant will make a long incision between your elbow and armpit, removing segments of skin and fat, and lifting the remaining skin and tissue to create a tighter look. Dependent on your condition and situation, the incision may be minimal or may be quite long, but your Consultant will discuss this with you before your operation. It is important to remember that scars from the operation will always be visible, but will fade in time.

Following the procedure, dressings are applied, and small drains may be put in to drain any fluid or blood from the wound. Elastic bandages are applied to support the area and you will be given medication for pain relief.

Where will my surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I be in hospital?

You may need to stay in hospital for one night. You will need to wear a tight-fitting body garment for the first few weeks to support the area and you should not engage in any strenuous activity until your Consultant advises.

What is the recovery period?

You may be able to return to work after two weeks, dependent on the nature of your employment, but your Consultant will be able to advise you around the recovery time.

What is the cost of private brachioplasty at KIMS Hospital?

A private Brachioplasty at KIMS Hospital starts from £8,286. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.