

# 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. Our cosmetic and plastic specialists can help by creating a tighter appearance.

## Our cosmetic team will support your needs

When you book a consultation, 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

We offer a guide price of:

Brachioplasty  
£5,860

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

## Consultants



Mr Oliver Harley



Mr Asit Khandwala



Mr Siva Kumar



Mr Simon Mackey

## 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.

### 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 should be able to advise you around the recovery time.