

Arm Lift

Surgery to lift and tighten skin on the arms and treat bingo wings

What is an Arm Lift?

An Arm Lift or brachioplasty is an operation to treat loose skin and remove excess fat on the upper arms. An Arm Lift smooths and tightens the skin on the upper arms, improving your appearance and body confidence.

Bella Vou offers a bespoke service to ensure you achieve the very best results. Vaser Liposculpture and Renuvion skin tightening or Body Tite can also reduce fat and improve the contour and appearance of the arms. The experienced plastic surgeons will make a careful assessment of your arms and discuss the results you hope to achieve. They will then recommend an individual treatment plan that will you get the cosmetic result you want.

Why have an Arm Lift?

Sagging skin and hanging, fatty folds on the upper arm are a common problem. Weight loss, pregnancy, age, and inherited family factors can all contribute to the development of 'bingo wings' – and they can be challenging to manage with diet and exercise alone.

Bingo wings are the subject of jokes, but they can have a significant impact on your self-esteem. Many people feel uncomfortable wearing sleeveless or strappy tops. Arm Lift surgery lifts and tightens the skin on the upper arms, leaving them smooth, toned and shapely, restoring your self-confidence.

What happens in Arm Lift surgery?

At Bella Vou, your Arm Lift may be carried out under local or general anaesthetic as a day case procedure, meaning you won't need to stay in hospital overnight.

The specialist plastic surgeon makes an incision on the inside of the arm, so the scar is discreetly hidden. The surgeon will remove all the excess skin and fatty tissue and smooth the skin, pulling it tightly so that the arms are shapely and toned.

How long is the recovery for Arm Lift surgery?

It's normal to experience some bruising and swelling following Arm Lift surgery. Pressure garments, slings, and gentle mobilising exercises can all reduce swelling and improve recovery.

Most people can drive and start gentle exercise two weeks following surgery. However, it's important to wait four weeks before undertaking activities that involve extensive arm movement.

Quick glance guide to Arm Lift surgery

Procedure Time: 1-2 hours

Recovery: 4-6 weeks. You may be able to return to work after 2 weeks

Anaesthetic: Local or general anaesthetic

Hospital stay: No

Treats: Bingo wings, excess fat and sagging skin on the upper arms

Why choose Bella Vou for your Arm Lift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Arm Lift journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your skin and your appearance, the results you want to achieve, and whether Arm Lift surgery can help you reach those goals.

Bella Vou also offers innovative, new techniques for treating loose skin and excess fatty tissue. The experienced plastic surgeons can advise on whether Vaser liposculpture, together with either Renuvion skin tightening or surgery to remove excess skin, may provide smaller scars, quicker recovery, and a better cosmetic result.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered an appointment to meet your surgeon again before proceeding to surgery. This will give you a chance to find out more about the procedure, your recovery, and to ask any questions you may have. The consultant will talk you through the Arm Lift operation and take time to address all your concerns.

Preparation for Arm Lift surgery

Preparation for your surgery can reduce the risk of infection and improve your recovery.

Shower daily and stop smoking cigarettes and e-cigarettes to help prevent complications and problems with healing. If you have a general anaesthetic, you will be given individual advice on fasting before the procedure.

On the day of your Arm Lift, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Arm Lift surgery

After carefully cleansing the skin, the surgeon makes an incision on the inside of the arm. The length of this depends on the severity of skin laxity and the amount of skin to be removed. For people with extensive excess skin, the scar may extend from the armpit to just above the elbow.

The surgeon carefully excises all the excess skin and fatty tissue, before pulling the skin tightly over the arms, and stitching the skin and soft tissues closed. The sutures are hidden under the skin, absorbable and do not need to be removed.

After the operation, dressings are applied to the wound, and the arms are bandaged to reduce swelling and bruising.

Recovery from an Arm Lift

After the procedure, there are no drains or drips. You will be able to go home on the same day. It's important to arrange a friend or family member to pick you up and escort you home.

One of the Bella Vou team will give you a call the day after surgery to make sure you're well, have had a good night, and to answer any questions. You will be given an individual post-operative rehabilitation plan; it's essential to follow this carefully to help your healthy recovery.

Some arm swelling and bruising are normal. You will be given a specially-designed pressure garment, this helps to reduce the post-surgery swelling and should be worn day and night. It is also important to keep your arm in a high arm sling and mobilise your hand regularly, to help reduce fluid build-up.

The staff at Bella Vou will carefully monitor your recovery. After one week, the nurse and wound care specialist will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. If you have any questions or concerns, the staff are always on hand to offer support and guidance.

FAQs

How long is the scar for an Arm Lift?

The scar can vary depending on the extent of loose skin and excess fat under the skin of the upper arm. It starts from the axilla towards the elbow on the inner arm.

What type of stitches are used in Arm Lift surgery?

All the stitches are absorbable and hidden under the skin.

Will I be able to have an Arm Lift under local anaesthetic?

A local anaesthetic Arm Lift is possible in most people. Our plastic surgeons will assess your suitability for this at the consultation.

When will I be able to drive after an Arm Lift?

Most people can drive after two weeks once the wounds have healed.