Arm reduction

After weight loss or just through the ageing process – we can lose muscle mass and skin elasticity. Upper arms can be left with loose, sagging skin and flabby arms. Unkindly referred to as “Bingo Wings” they can leave you feeling embarassed to wear t-shirts or short sleeved tops.

How to prevent bingo wings

As you get older everything starts to slow down, this means if you don’t keep exercising and working on your muscle, you can lose it. The good news is that you don’t have to workout so hard, your max heart rate decreases steadily so you can achieve great results without pushing it so hard.

So by enjoying daily exercise can mean your body stays in great shape even as the years tick by. The best part of exercise is you feel great, more able physically and more confident.

When exercise isn’t enough

Upper arm reduction surgery is a simple procedure to remove excess skin and can make a big difference to your confidence.

Upper arm surgery

The surgery itself takes around 90-120 minutes and is performed under general anaesthetic. After care is minimal, it is in a great place for keeping the area clean and dry and giving it time to heal. As with all healing, being easy on yourself, avoiding stress and giving your body the time to mend is very important to minimise scar tissue.

If you choose Miss Sassoon for your upper arm reduction surgery, you will find her knowledgeable and skilled with a warm and approachable manner, you will be wearing your summer tops and short-sleeved evening wear unabashedly.

We will be adding more detail to this page in the near future but please do call or email for further information.