

'I had an arm-tuck like Ulrika!'

With her saggy under-arm skin now gone, Katy is much more confident about how she looks

AXILLA-PLASTY EXPLAINED.

Angelica Kavouni says: "The axilla is the medical term for the armpit, and 'plasty' the procedure in which the shape of a tissue is altered or enhanced. It is used to remove excess skin and fatty tissue from the upper arm. Arm tissue relaxes and pulls with ageing, gravity, and weight-loss, resulting in stretched and excess skin that no amount of exercise will improve. The upper arms seem most vulnerable, as women tend to store excess fat and have less supporting muscle tone here. This operation involves removing excess skin along the underside of the arm, leaving a thin scar. The most common incision extends from the elbow to the armpit. Risks include scarring, swelling of the arm and hands, infection, bruising, and bleeding. Nerve injury can result in numbness and change in feeling. Recovery takes one to two weeks." COST £4000. www.cosmetic-solutions.co.uk, tel: 020-7486 9040.

Katy Southwell hated her bingo wings so much that she underwent a painful cosmetic surgery procedure, just as Ulrika Jonsson did recently...

When Katy Southwell lost 4st and shrunk from a size-18 to a size-12, she thought being slim would make her happy. But instead, the 39-year-old mum-of-two was left with saggy boobs and loose skin under her arms, mottled in stretch marks. Over the years, she swam every day, but her boobs and arms just refused to firm up. "My only hope was surgery, but I couldn't afford it with two kids - James, 10, and Jordan, 11 - to look after," she says. Then, four years ago, her family bought her a gift - a boob job. "The op was nerve-wracking, but once the swelling went down, I was delighted with the results - perky, 36C boobs," says Katy. But one thing still let her down - her wobbly arms. They looked more out of place and made Katy feel 10 times more self-conscious. She says: "I was so depressed, that my dad, David, 65, offered to pay £4500 for an arm-lift. 'If it'll make you happy, it'll be worth it!'

he told me. I was so happy. I couldn't thank him enough." At the consultation, the surgeon, Angelica Kavouni, explained that, as well as the normal health risks of surgery, Katy would have extensive under-arm scarring. But she told Angelica: "I'll live with it if it will banish my bingo wings." On the day of the op in January 2007, Katy felt calm. "Probably because of my boob job I knew what to expect," she says. After the surgery, she felt relatively OK. "I was desperate to see my new arms, but I had to wait until my bandages were removed a week later for the results," she says. "The painkillers wore off after a few days and I felt sore - I had cushions under each arm,

prepping them up. But told myself it would all be worth it. A week later, the nurse removed the bandages and rubbed a special cream into her scars to help the healing process. Katy says: "Although my arms looked really tight and toned, I was shocked by the huge scar running under my armpit to my elbow. But the nurse reassured me it would fade in time." By the third week, Katy was back at work. It's now been two years since the op, and she couldn't be happier. "My scar has faded to a faint hairline scar and I can wear strappy tops with confidence. It's changed my life, and I'm finally happy in my (non-excess) skin," she says.



Ulrika says that surgery has made her truly content with her body

Ulrika loves her new arms

She may be 41, with four children, but Ulrika Jonsson says she's never felt better, thanks to a recent breast op and surgery to remove her 'bingo wings'. The *Celebrity Big Brother* winner, who admitted that, as a teenager, she wore a 32AA bra, put on 5st during her most recent

pregnancy with fourth child Malcolm, and saw her breasts balloon to a massive 34C cup. After following a healthy eating and gentle exercise plan, Ulrika went under the surgeon's knife to have her breasts reduced and uplifted to a 32C, as well as opting to have axilla-plasty - to remove the excess

fat that she had hanging underneath her arms. "I just wanted to repair what Mother Nature had inflicted on me during years of childbearing and rearing," says Ulrika. "It has taken me 41 years to feel this good - this has really changed my life." Despite the pain, Ulrika reckons the £6000 for breast re-modelling and £4000 for arm surgery, was money well spent. "It's great to be able to wear a bikini without feeling self-conscious. I'm truly content with the shape that I am in."

Ulrika, who lives with American art director husband Brian Monet - has a 13-year-old son, Cameron, by ex-husband John Turnbull, a daughter Bo, seven, by German hotelier Markus Kempen, and three-year-old Martha from her marriage to Lance Gerrard-Wright. She said: "The last pregnancy really took its toll on my body. I'm coming up to 42 next month, but for once, I can honestly say I am completely happy."

Madonna's in a flap

Poor old Madge. Despite two hours of intensive exercise every day, she is still fighting a losing battle against bingo wings. The 50-year-old queen of pop revealed the droopy skin on her triceps and around her elbows, as she waved to some fans outside a restaurant in Milan last week. Will she be next to go for axilla-plasty?



Madonna is fighting the battle against bingo wings