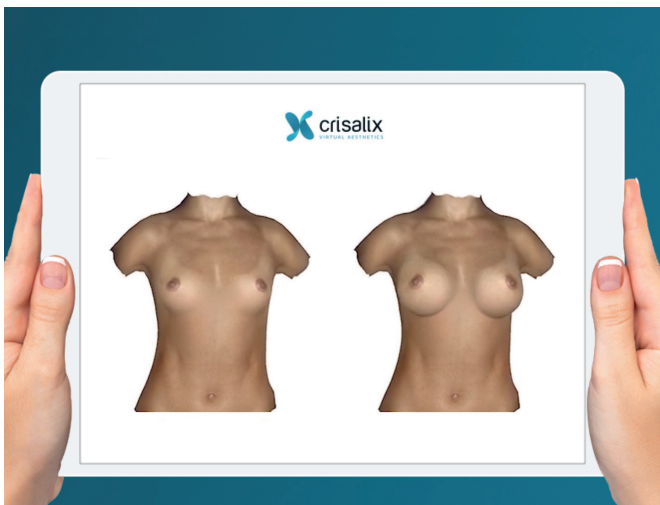


DR. MATTEO  
VIGO  
PLASTIC SURGERY



PREOPERATIVE  
SIZING IN BREAST  
AUGMENTATION



There are multiple factors that go into determining the best implant size for you. Breast measurements, desired size, characteristics of your breast, tissue and chest wall are all critical in making the right selection.

Breast implants are measured in cubic centimetres. That's why you'll typically see CC when labeling size, like 350CC. Breast implants come in a whole range of sizes, from about 80CC up to 800CC. Obviously, the higher the number, the bigger the breast implant size. The width of the base also varies, from 7.4cm to 17.2cm.

### **Don't measure your breast size by your bra**

Bra cup size is not an accurate way to measure breast size. It is imprecise, because bra sizing standards vary from manufacturer to manufacturer and even country to country. Despite being labeled the same cup size, the actual volume may be different. That's why it's best if you bring in the exact bra you want to wear after your surgery to your sizing session.

### **How I help determine a proportionate implant size**

From a medical standpoint, it's important that I also consider your specific body measurements when deciding on what size is right for you. An overly large implant can cause complications, both right after surgery and a few years down the road. Such complications include separation of incision lines and excessive sagging. However, I also understand that an overly small implant won't improve your body contour sufficiently.

Measurements, like your shoulder width, height and ribcage width is used to determine a range of implant sizes that would achieve proportionate improvement as well as reduce your risk of complications.

### **Factors that you should consider when choosing breast implant measurements**

There are multiple factors that come into play when selecting the right implant size. If you don't carefully pre-plan, you could run into situations in life that would adversely affect you and your new implants. You should take into consideration the following when selecting your implant size:

## Fitness and exercise

Do you like to exercise regularly? If so, perhaps it's best to stay conscious of the fact that breasts over a certain size can make some physical activities more difficult or cumbersome, such as running and tennis.

## Your personality

Are you the type of person that likes to attract attention, or are you more quiet and reserved? The larger the implants, the more attention you could attract. You may want to opt for a slight increase in size, just enough to balance out your body contour for a more natural look.

## Be true to yourself

You shouldn't base your decision on breast size based on an actress that you saw on the internet. They are not you. You should select a size that accurately reflects your own personality and lifestyle. Don't base your chosen size on how your girlfriend looks, either. Her body is different and the breast size she has may not look very flattering on your body.

## Communicate effectively with your doctor

A breast implant consultation is a two-way street. You need to express your expectations and it's my job to understand them so I can help you achieve them. If you feel that your concerns are not being addressed, don't be afraid to ask for more clarification or explain your situation further. I'm here for you!





### **Know what you want**

You should not agree to undergo the surgery until you're confident that you'll like your new look and size. If you have any doubts prior to your surgery, talk to me about them! We can also schedule another in-clinic implant size session.

As you can see, there are many factors that you need to take into consideration when selecting your implant size. You shouldn't choose a size because it looks good on a friend or celebrity. You should select a size that is right for you. The process is personal and while you should take your doctors suggestions into consideration, you have the final say in the size you select.

### **Answer your surgery doubts**

Unsure of the difference between 300cc and 400cc? Want a natural result? Wondering how you will look after surgery? Want to look like a specific celebrity? Discover your new you with Crisalix - the leading VR 4D & 3D imaging solution among plastic surgeons around the world. Crisalix carries out ongoing post-consultation and surgery studies with patients to measure their level of satisfaction.



BREAST  
AUGMENTATION  
GLOSSARY OF  
TERMS

## **WHAT WORDS SHOULD I KNOW ABOUT BREAST AUGMENTATION?**

### **AUGMENTATION MAMMAPLASTY**

Breast enlargement or breast enhancement by surgery.

### **BREAST AUGMENTATION**

Also known as augmentation mammoplasty; breast enlargement or breast enhancement by surgery.

### **BREAST IMPLANTS**

Medical devices placed in your body to enhance an existing breast size or to reconstruct your breast. Breast implants fall into two categories: saline breast implants and silicone breast implants.

### **CAPSULAR CONTRACTURE**

A complication of breast implant surgery which occurs when scar tissue that normally forms around the implant tightens and squeezes the implant and becomes firm.

### **GENERAL ANESTHESIA**

Drugs and/or gasses used during an operation to relieve pain and alter consciousness.

### **INFRAMAMMARY INCISION**

An incision made in the fold under the breast.

### **INTRAVENOUS SEDATION**

Sedatives administered by injection into a vein to help you relax.

### **LOCAL ANESTHESIA**

A drug injected directly to the site of an incision during an operation to relieve pain.

### **PERIAREOLAR INCISION**

An incision made at the edge of the areola.

### **SALINE IMPLANTS**

Breast implants filled with sterile salt water.

### **SILICONE IMPLANTS**

Breast implants filled with an elastic gel.

### **SUBMAMMARY OR SUBGLANDULAR OR SUBFASCIAL PLACEMENT**

Breast implants placed directly behind the breast tissue, over the pectoral muscle.

### **SUBMUSCULAR OR SUBPECTORAL PLACEMENT**

Breast implants placed under the pectoral muscle, which is located between the breast tissue and chest wall.

### **SUTURES**

Stitches used to hold skin and tissue together.

### **TRANSAXILLARY INCISION**

An incision made in the underarm area.

### **ULTRASOUND**

A diagnostic procedure that projects high-frequency sound waves into the body and records the echoes as pictures.

# A BRIEF NOTE FROM DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

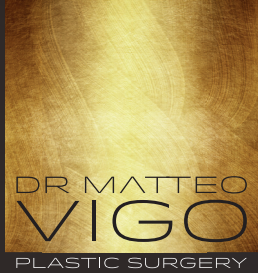
I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo





# BREAST AUGMENTATION DUBAI

Click here to learn more about: [\*\*Breast Augmentation Dubai.\*\*](#)

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To book a Breast Augmentation consultation with Dr Vigo, please contact me today.

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