



DR MATTEO
VIGO

PLASTIC SURGERY

BREAST AUGMENTATION
FREQUENTLY ASKED
QUESTIONS



1. Am I too old for the breast augmentation surgery?

Numerous ladies in their 40s and 50s have successfully undergone breast augmentation surgery. A woman in her 30s with two children who has been considering this surgery for a long time is the most common patient for this procedure. Dr. Vigo urges you to set up a consultation to determine the best course for achieving your cosmetic objectives, regardless of where you are in life.

2. Should I wait until I am done having children to have augmentation?

Regardless matter whether a woman has implants or not, pregnancy will alter the size and form of her breasts. Any enhanced breast's aesthetic appeal could be negatively impacted by these modifications. Pregnancy should often be delayed for six months following surgery. It has been demonstrated that breastfeeding a newborn with implants is safe for both the mother and the child.

3. Will augmentation work for me if I feel my breasts are sagging?

Breast implants can also be given to women who have "ptosis," or drooping breasts. The extent of the breast sag will determine whether further surgery is required. A breast lift procedure, or mastopexy, is frequently necessary for breasts with nipples that fall beyond the lower crease of the breast. Unlike most breast augmentation procedures, this one will leave scars all the way around the nipple-areola. The location of the implant might not be sufficient to reverse the sagging without this additional operation to remove extra skin.

4. How do I choose my new size?

This is often one of the most difficult decisions, and for many reasons, has the most potential for disappointment. During your consultation, Dr. Vigo will work with you to identify what size of breast you desire from augmentation. "Breast size" as measured by bra-size is variable and is often not a good way to measure final size. As a general rule, every 125-

150cc of implant volume equals an increase in a single cup size. However, every patient's body is different. By working with Dr. Vigo, you can set obtainable and healthy expectations together. It is helpful for you to bring in a bra the size you would like to be to help in finding the right sized implant for you.

5. Will my nipple sensation or feeling change?

After breast augmentation surgery, the majority of women will have some degree of feeling or sensation loss. Usually, this lasts for six to twelve months before things get back to normal. However, 15% of women experience long-term changes in their nipple feeling.

6. How long until I can exercise?

It is advised that following surgery, patients start walking right away. But after the surgery, women shouldn't engage in any strenuous physical activity for six weeks. Weightlifting, riding, jogging, and other strenuous physical activity might cause implants to shift or cause issues with wound healing, which can change how the breasts look after surgery.

7. When can I return to work?

This is dependent upon the physical demands of your profession. Generally speaking, the first one to two weeks should be spent avoiding upper arm motions like reaching.

For six weeks following the procedure, one should refrain from lifting anything heavier than five pounds. This lifting restriction might make it impossible for some women to go back to work.

8. How much pain can I expect?

In the first one to two weeks after the procedure, medication can usually be used to effectively manage the moderate to severe pain that follows breast augmentation surgery. It is noteworthy that significant pain after surgery may indicate an infection or some other kind of problem.

9. Can I breast feed after augmentation?

Indeed. The ability of the breast to make milk is unaffected by implant placement below the breast tissue, such as in subglandular placement. Similar to this, implant placement beneath a chest muscle, or submuscular placement, maintains healthy breast function.

A higher risk of breastfeeding issues could arise from the peri-areolar incision. Seven out of eight participants in one study stated that they had difficulty nursing after peri-areolar breast augmentation surgery. Breastfeeding is typically not an issue for women who choose to have infra-mammary or trans-axillary incisions, which are incisions made under the breast and through the armpit. During your consultation, make sure to let Dr. Vigo know about your needs regarding breastfeeding.

10. Will I need additional surgeries?

Patients undergoing augmentation may occasionally need additional operations. You might want to have further breast lifts or other supportive operations to get the best possible symmetry. If you experience any issues following your augmentation, such as capsular contracture or implant rupture, more operations can be required.

Furthermore, implanted breasts age just like any other body part, and some women decide to undergo further surgeries in the future to reverse the effects of ageing and gravity.

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

Often regarded as the Best Plastic Surgeon in Dubai, Dr. Matteo Vigo graduated in Milan in 2004 and started his residency period in the Plastic Surgery and Burn Unit in Verona in 2005.

He worked in the Breast Unit where he developed his skills in breast reconstructive and aesthetic surgery together with the full spectrum of plastic surgery procedure. His Speciality degree was achieved with a work on "Total Breast reconstruction with Fat in patient with breast implants" with the votation fo 70/70 cum laude in 2009.

He started then working in the Aesthetic Surgery field, developing great experience in breast surgery, liposuction and body contouring techniques. He has been the main trainer for all Europe and Middle East for Celution and Pure Graft systems by Cytori, lecturing in different important congresses around the world. He started working in Dubai in 2012 and he has been Chief of Surgery and Chief Medical Officer at American Academy of Cosmetic Surgery Hospital until march 2017.

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MEMBER OF SENATURK (TURKISH SOCIETY OF BREAST SURGERY)

LECTURER IN BREAST SURGICAL TECHNIQUES IN EUROPE

AUTHOR OF DIFFERENT INTERNATIONAL PUBLICATIONS



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BREAST AUGMENTATION DUBAI

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