



DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST
AUGMENTATION:
WHAT YOU
SHOULD KNOW**

Have you ever thought of getting a breast augmentation? Like most women, you have probably thought of changing the shape, increasing the size, or even moving the position of your breast ever so slightly. If you desire new breasts to feel more confident and comfortable in your own body, then breast augmentation may just be the solution that you are looking for.

Breast augmentation, sometimes referred to as a “boob job” by patients, is a surgical procedure in which the surgeon is using breast implants or fat transfer to increase the size of your breasts. This procedure can also restore breast volume lost after weight reduction or pregnancy, achieve a more rounded breast shape or improve natural breast size asymmetry.

WHAT BREAST AUGMENTATION SURGERY CAN DO

- Increase fullness and projection of your breasts
- Improve balance of breast and hip contours
- Enhance your self-image and self-confidence

WHAT BREAST AUGMENTATION SURGERY CAN'T DO

Breast augmentation does not correct severely drooping breasts. A breast lift may be required along with a breast augmentation for sagging breasts to look fuller and lifted.

Breast lifting can often be done at the same time as your augmentation or may require a separate operation. I will assist you in making this decision.





WHO IS A GOOD CANDIDATE FOR BREAST AUGMENTATION?

Breast augmentation is a deeply personal procedure, and it's important that you're doing it for yourself and not for someone else, even if that person has offered to pay for it. Patient satisfaction is high, specifically when they want the procedure themselves.

You may be a candidate for breast augmentation if:

- You are physically healthy and you aren't pregnant or breastfeeding
- You have realistic expectations
- Your breasts are fully developed
- You are bothered by the feeling that your breasts are too small
- You are dissatisfied with your breasts losing shape and volume after pregnancy, weight loss or with aging
- You are unhappy with the upper part of your breast appearing "empty"
- Your breasts are asymmetrical
- One or both breasts failed to develop normally or have an elongated shape

WHAT TYPES OF BREAST IMPLANTS ARE AVAILABLE?

Silicone breast implants

Silicone breast implants are filled with silicone gel. The gel feels a bit more like natural breast tissue. If the implant leaks, the gel may remain within the implant shell, or may escape into the breast implant pocket.

Gummy bear breast implants

Form-stable implants are sometimes referred to as gummy bear breast implants because they maintain their shape even when the implant shell is broken. The consistency of the silicone gel inside the implant is thicker than traditional silicone gel implants. These implants are also firmer than traditional implants. Shaped gummy bear breast implants have more projection at the bottom and are tapered towards the top. If a shaped implant rotates, it may lead to an unusual appearance of the breast that requires a separate procedure to correct. Placement of gummy bear implants requires a slightly longer incision in the skin.

Round breast implants

Round breast implants have a tendency to make breasts appear fuller than form-stable implants. Higher profile options can achieve even more projection. Because round implants are the same shape all over, there is less concern about them rotating out of place.

Shaped breast implants (tear drops or anatomical shape)

Shaped breast implants are designed to define a more natural shape of the breast and maintain a long lasting result due to their firmness. The gel inside is very cohesive and maintain the shape giving the breast a very gentle slope on the upper pole.

Smooth breast implants

Smooth breast implants are the softest feeling. They can move with the breast implant pocket, which may give more natural movement.

Smooth implants may have some palpable or visible rippling under the skin.

Textured breast implants

Textured breast implants develop scar tissue to stick to the implant, making them less likely to move around inside of the breast and become repositioned.

Texturing offers some advantage in diminishing the risk of a tight scar capsule. Implant manufacturers occasionally introduce new styles and types of breast implants, so there may be additional options available.

The latest technology in texturization is the micoo or nano-texturization which mime the smooth implants giving the breast a more stable shape and diminishing the risks of capsular contracture and rotation.

Whatever kind of implants you will choose , it is important for you to monitor your breast implants and follow-up with appropriate checkups.

WHERE WILL BE THE INCISION PLACED?

The typical incisions are placed under the breast (inframammary incision) or around the areolar (peri-areolar incision). If you didn't have children and you did not breast fed yet, the inframammary incision is recommended to avoid any cutting on the gland itself to avoid reduction of the production of milk during a future pregnancy.

HOW SHOULD I PREPARE FOR BREAST AUGMENTATION?

In preparing for breast augmentation, you may be asked to:

- Get a blood test
- Get a preliminary ultrasound or mammogram (for patients above 40 years of age)
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin and certain anti-inflammatory drugs as they can





increase bleeding

- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

WHAT SHOULD I EXPECT DURING MY BREAST AUGMENTATION RECOVERY?

During your breast augmentation recovery, your breasts will be wrapped in gauze dressings and an elastic bandage or support bra will minimize swelling and support the breasts as they heal.

Immediately after surgery, you will be taken into a recovery area for close monitoring. You may be permitted to go home when you are stable for discharge, typically after few hours or so.

WHAT RESULTS SHOULD I EXPECT AFTER BREAST AUGMENTATION SURGERY?

While a breast augmentation yields larger breasts right away, the final results may take a few weeks as the swelling subsides and the skin stretches.

Some patients may need to wear a bandeau to help shape their breasts, especially if they have underlying asymmetry or very small breasts to start with. Incision lines may take several months to fade.

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.

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.

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BREAST AUGMENTATION DUBAI

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

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

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Locations

AMWAJ POLYCLINIC

Building P11
Jumeirah Beach Residence
Dubai

HEALTHBAY POLYCLINIC

Al Wasl Road, Verve Villas
Umm Al Sheif
Dubai

ESTELAZA CLINIC

Silicon Oasis, Nibras Oasis 2
Dubai