



DR MATTEO  
VIGO

PLASTIC SURGERY

BREAST ENLARGEMENT:  
A PATIENT GUIDE

Breast enlargement surgery, also known as breast augmentation or breast enhancement, is one of the most regularly performed procedures and involves the insertion of implants under the breast tissue to increase the size or change the shape of the breasts. Many women choose to have breast augmentation surgery to boost body confidence and to feel comfortable with the size and shape of their breasts.

### **WHAT IS BREAST AUGMENTATION SURGERY?**

Breast enlargement surgery is an operation to enlarge the breasts, usually using an implant filled with silicone or with physiological saline (a solution containing salt at the same concentration as in the body). Sometimes, the breasts can be enlarged with fat from another part of the body. Patients are usually pleased with the results of breast augmentation, but first it is important to understand what is and isn't possible, and what care might be needed in the future.

### **WHY HAVE BREAST AUGMENTATION SURGERY?**

People have this surgery to make their breasts larger and improve their shape. Some women have smaller breasts than they would like. Also, breasts can droop with age or after pregnancy, breastfeeding and weight loss. Breast enlargement can improve both the shape and the droop to some degree. Some women have one breast much bigger than the other. Breast enlargement can balance breasts of different sizes.

### **WHAT WILL HAPPEN BEFORE MY OPERATION?**

You will meet your surgeon to talk about why you want surgery and what you want. The surgeon will make a note of any illnesses you have or have had in the past. They will also make a record of any medication you are on, including herbal remedies and medicines that are not prescribed by your doctor.



Your surgeon will examine your breasts, and may take some photographs for your medical records. They will ask you if you want to have someone with you, and ask you to sign a consent form for taking, storing and using the photographs. The surgeon may measure your height and weight to make sure that it is safe to do an operation. If you are overweight, or planning to become pregnant, your surgeon may suggest delaying your operation.

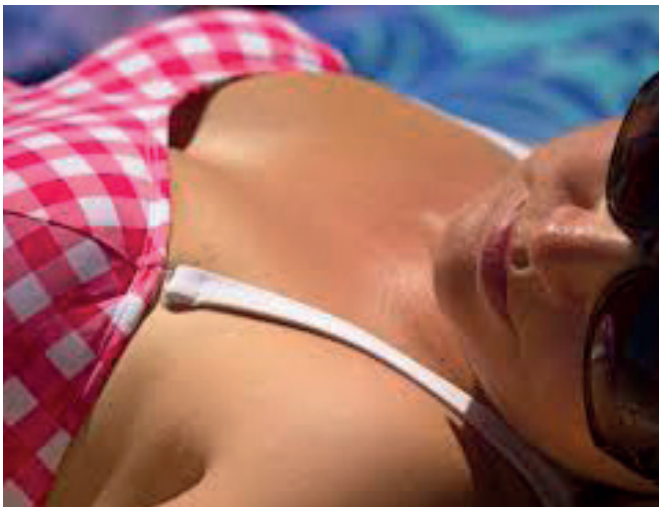
### **HOW IS THE PROCEDURE PERFORMED?**

Implants are placed either behind the breast or behind the muscle the breast sits on. Putting implants behind the breast is the simplest option. Putting implants under the muscle gives more padding in very slim women. Your surgeon will discuss which is best for you. Implants are usually inserted through a cut in the crease under the breast (the inframammary fold). They can also be inserted through a cut in the armpit or around the areola. Sometimes, a drain (a tube attached to a bottle or bag) is left in to drain away any fluid or blood. This is removed after a day or two on the ward.

### **ABOUT THE IMPLANTS**

The outer layer of breast implants is made of silicone or, in some cases, polyurethane. Inside this there is either silicone gel (most common) or saline. Silicone implants usually feel more natural than saline ones, and can have different shapes. Saline-filled implants usually feel less natural, have a greater risk of rippling, and can deflate. Breast implants usually last about 10 years, sometimes less, sometimes more.





### **IMPLANT SIZE**

The size of implants is given in millilitres (ml), in cubic centimetres (cm<sup>3</sup>) or by weight (grams). When you meet your surgeon before the operation, they will look at your breasts and the size of your ribcage, and check how firm your skin is. They will discuss with you what size of implant will suit you best. Usually, large implants look less natural on slimmer women. Your surgeon will ask you if you want to have someone with you during this examination. Your surgeon cannot promise you an exact cup size, only a range. Tell your surgeon if you would like to aim for the larger or smaller end of the particular range.

### **IMPLANT SHAPE**

Implants can be round or teardrop-shaped (anatomical). Round implants are fuller at the top of the breast. With teardrop-shaped implants, you choose the width and height separately. With both shapes, you can choose for the amount that the implant sticks out (the projection) to be more or less subtle. You and your surgeon will discuss what shape will suit you best.

### **DO I NEED A BREAST UPLIFT?**

Mild droopiness can be improved by breast enlargement surgery. If your breasts are droopy but the right size for you, you can have a breast-uplift operation without an implant. This surgery is called a mastopexy. With this surgery, the nipple is lifted and the breast tissue and skin is tightened through cuts around the areola and under the breasts. Sometimes, both implants and lifting are needed, either at the same time or in two separate operations.

### **CHOOSING A SURGEON**

Breast enlargement is a lifetime commitment. You must be sure that you are making the right choice, and understand the implications of the surgery. You might need more surgery in the future to keep up the results of the breast augmentation, and you should be prepared for this, personally and financially. Nobody needs an urgent breast augmentation. If you are not given time to think about it, you should look elsewhere.



### **HOW CAN I HELP MY OPERATION BE A SUCCESS?**

Be as healthy as possible. It is important to keep your weight steady with a good diet and regular exercise. Your doctor can give you advice on this. If you smoke, stopping at least six weeks before the operation will help to reduce the risk of complications. Do not worry about removing hair near where cuts will be made, but do have a bath or shower during the 24 hours before your operation to make sure that the area is as clean as possible.

### **WHAT IS THE ALTERNATIVE TREATMENT?**

A simple alternative to breast augmentation is to wear padded bras. The only alternative surgical technique to enlarge the breast is lipofilling. This is where fat removed by liposuction from another part of the body (such as the hips or thighs) is injected into the breast area. Because only a relatively small amount of fat can be injected at a time, and some of the fat is reabsorbed into the body, you would need several injections to get a permanent enlargement. Your own fat is the only substance that can be safely injected into the breast. Other materials have been tried, and then banned. Do not allow anyone to inject anything other than your own fat into your breasts.

### **WHAT ARE THE MAIN RISKS AND COMPLICATIONS OF BREAST AUGMENTATION SURGERY?**

As with all operations, there are risks involved in breast augmentation surgery. Although the risks are unlikely, it is important to weigh them up against the potential benefit of the surgery. Discuss each of them with your plastic surgeon to make sure you understand the potential complications and consequences.

### **SCARS ASSOCIATED WITH THE SURGERY**

There will be scars from the surgery. These will usually be red at first, then purple, and then fade to become paler over 12 to 18 months.

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.

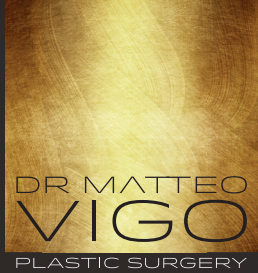
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



## PLASTIC SURGERY DUBAI

Click [here](#) to learn more about  
[Plastic Surgery Dubai](#).

---

To book a Plastic Surgery consultation with  
Dr Vigo, please contact us today.

#### EMAIL

[booking@matteovigo.com](mailto:booking@matteovigo.com)

#### Telephone & Whatsapp

+971 56 282 5825

#### Locations

##### **AMWAJ POLYCLINIC**

Building P11  
Jumeirah Beach Residence  
Dubai

##### **BIOSCIENCE CLINIC**

Al Razi Building 64,  
Block B, Ground Floor

##### **HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai