



DR MATTEO
VIGO

PLASTIC SURGEON

LIFT & RESHAPE
DROOPING OR
SAGGING BREASTS



If you've become increasingly unhappy about the sagging of your breasts, you may wonder what mastopexy surgery can do. Don't be surprised if Dr. Vigo suggests combining breast augmentation or breast reduction with your lift; adjunct procedures may be necessary to achieve your goals.

A breast lift addresses sagging and uneven breasts, decreased breast volume and drooping nipples and stretched areolas (the darker area surrounding the nipples), recreating a youthful shape and lift to your breasts. If there is too little or too much breast volume, a breast augmentation or breast reduction might be recommended in addition to a lift. Every year, thousands of women undergo successful breast-lift surgery, experience no major problems and are pleased with the results.

WHEN TO CONSIDER A BREAST LIFT

- Pregnancy, nursing, gravity, weight gain or loss, normal aging, and heredity have taken a toll on the shape of your breasts, resulting in sagging or excess skin
- If your surgeon thinks that breast implants alone are unlikely to achieve the contour you desire
- If the tissue surrounding the nipple or areola has become stretched

WHY HAVE A BREAST UPLIFT?

Breasts naturally droop with age, after pregnancy and breastfeeding, and after weight loss - this is because the skin and fibrous ligaments in the breast become stretched so the breast tissue is not supported.

It is not possible to recreate the fibrous support of the breasts, but they can be reshaped by removing extra skin, remodelling the breast tissue and moving the nipples up to the best position on the new breasts. Other

options are to reduce the size of the areola (the darker skin around the nipple), or to have the breasts enlarged at the same time.

Having a breast uplift can make the breasts firmer and higher. After a breast uplift you may be more comfortable socially and personally. The best results are with women with small, saggy breasts, but breasts of any size can be lifted.

The results of a breast uplift may not last as long with heavy breasts.

WHAT WILL HAPPEN BEFORE MY OPERATION?

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

Dr. Vigo 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 during the examination, and ask you to sign a consent form for taking, storing and using the photographs. He will 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, Dr. Vigo may suggest delaying your operation.

HOW IS THE SURGERY PERFORMED?

There are different types of uplift. The best type of uplift for you depends on your breast size and the result you want. Different types of uplift make different scars on the breasts. Whichever type of uplift you choose, the scars should not be visible when you wear normal clothing, bras and bikini tops,

The most common type of uplift, with a cut around your areola and vertically under your breast. Sometimes there is a cut in the crease under the breast to make an anchor shape. Extra skin is removed from underneath the breast, the breast is reshaped into a tighter cone and the nipples are moved to a higher level. The size of the areola can also be reduced. If your breasts are small as well as droopy, you can have them enlarged with silicone implants. Having breast implants is the only way to significantly increase fullness above the nipples, but their weight can make the breast droop again over time.



MASTOPEXY SURGERY STEPS

Breast lift surgery involves reshaping the breast tissue and removing excess skin. Incision options include:

- 1) the circumareolar pattern in which an incision is made around the areola
- 2) the vertical incision, in which incisions are made around the areola and vertically down to the breast crease
- 3) the inverted T or anchor incision, in which incisions are made around the areola, vertically down to the breast crease, and along the inferior breast fold.

The incision selected is based on your existing breast size and shape, the size and position of your areolae, the amount of breast sagging, and your skin quality and elasticity.

After the incisions are made, the breast tissue is lifted and reshaped, the nipple and areola are reduced and repositioned, and excess skin is removed. Sutures are placed deep within the breast tissue to support the newly shaped breasts. The incisions are then closed with dissolvable sutures.

WHAT IS THE RECOVERY STAGE LIKE?

Following surgery, you will awaken in the recovery area. A responsible adult will need to be available to escort you home. The day after surgery, you may shower while leaving the tapes on your skin intact. Patients are seen in the clinic one week following surgery. Most sutures placed will dissolve on their own. Special bandages and drains are not used.

Walking is permitted the day after surgery, but strenuous activity and heavy lifting should be limited until two weeks following surgery.

Most patients do not complain of severe pain following this surgery, but note that their breasts feel sore for several days. Pain medication is prescribed for any discomfort. Swelling will be present for the initial 3-4 weeks after surgery. The scars will continue to fade and soften for up to one year following surgery, although they will never completely disappear.





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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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PLASTIC SURGERY DUBAI

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

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

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