



DR MATTEO  
VIGO

PLASTIC SURGERY

PATIENT GUIDE TO  
COSMETIC SURGERY



Cosmetic plastic surgery includes surgical and nonsurgical procedures that enhance and reshape structures of the body to improve appearance and confidence. Healthy individuals with a positive outlook and realistic expectations are appropriate candidates for cosmetic procedures. Plastic surgery is a personal choice and should be done for yourself, not to meet someone else's expectations or to try to fit an ideal image

### **ABDOMINOPLASTY**

Tummy tuck surgery, also known as abdominoplasty, removes excess fat and skin and, in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. A flat and well-toned abdomen is something many of us strive for through exercise and weight control. Sometimes these methods cannot achieve our goals. Even individuals of otherwise normal body weight and proportion can develop an abdomen that protrudes or is loose and sagging. The most common causes of this include:

- Aging
- Heredity
- Pregnancy
- Prior surgery
- Significant fluctuations in weight

### **ARM LIFT**

An arm lift is a cosmetic surgical procedure to improve the appearance of the under portion of your upper arms. During an arm lift — also known as brachioplasty — excess skin and fat are removed from between the

armpit and elbow. The remaining skin is placed back over the newly repositioned contours to create a more toned look.

### **BLEPHAROPLASTY OR COSMETIC EYELID SURGERY**

Eyelid surgery, or blepharoplasty, is a surgical procedure to improve the appearance of the eyelids. Surgery can be performed on the upper lids, lower lids or both. Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes.

### **BODY LIFT**

A body lift improves the shape and tone of the underlying tissue that supports skin and fat. Excess sagging skin and fat are removed and the procedure(s) can improve a dimpled, irregular skin surface.

### **BODY CONTOURING**

Dramatic weight loss has many benefits. But after any substantial amount of weight loss due to weight loss surgery and/or lifestyle changes, the skin and tissues often lack the elasticity to conform to the reduced body size. Surgical body contouring following major weight loss removes excess sagging skin and fat while improving the shape of the underlying support tissue. The result is a better-proportioned appearance with smoother contours.

### **BREAST AUGMENTATION SURGERY**

Breast augmentation, sometimes referred to as a "breast aug" or "boob job" by patients, involves 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.



## **BREAST LIFT**

A breast lift, also known as mastopexy, raises the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour. A breast lift can rejuvenate your figure with a breast profile that is more youthful and uplifted. A woman's breasts often change over time, losing their youthful shape and firmness.

## **BREAST RECONSTRUCTION SURGERY**

Breast reconstruction is surgery to make a new breast after removal of the breast or part of the breast. The aim is to make a breast of similar size and shape to your original breast. But they won't be identical. The main ways of making a new breast include:

- removing the whole breast and skin, and using an implant underneath the remaining skin
- removing the whole breast, leaving skin behind, and using an implant (skin sparing mastectomy)
- using tissue taken from another part of your body using your own tissue and an implant

After reconstruction surgery you might consider more surgery to:

- create a new nipple
- change the shape of your other breast to match

## **BREAST REDUCTION SURGERY**

Breast reduction, also known as reduction mammoplasty, is a procedure to remove excess breast fat, glandular tissue and skin to achieve a breast size more in proportion with your body and to alleviate the discomfort associated with excessively large breasts (macromastia).



## **BROW LIFT**

A brow lift, also known as a forehead lift:

- Reduces the wrinkle lines that develop horizontally across the forehead, as well as those that occur on the bridge of the nose, between the eyes
- Improves frown lines, the vertical creases that develop between the eyebrows
- Raises sagging brows that are hooding the upper eyelids
- Places the eyebrows in an alert and youthful position

## **BUTTOCK ENHANCEMENT**

Buttock augmentation, or gluteal augmentation, is used to improve the contour, size and/or shape of the buttocks. This is done through the use of buttock implants, fat grafting or sometimes a combination of the two. Buttock implants are silicone-filled devices that are surgically placed deep within the tissues of the buttock. Buttock augmentation through the use of fat grafting involves the transfer of fat from one area of the body into the tissues of the buttocks. This technique is sometimes referred to as a Brazilian Butt Lift.

## **EAR SURGERY**

Ear surgery, also known as otoplasty, can improve the shape, position or proportion of the ear. A defect in the ear structure that is present at birth or that becomes apparent with development can be corrected by otoplasty. This procedure can also treat misshapen ears caused by injury. Otoplasty creates a more natural shape while bringing balance and proportion to the ears and face. Correction of even minor deformities can have profound benefits to appearance and self-esteem. If protruding or disfigured ears bother you or your child, you may consider plastic surgery.

## **EYELID SURGERY**

Eyelid surgery, or blepharoplasty, is a surgical procedure to improve the appearance of the eyelids. Surgery can be performed on the upper lids, lower lids or both. Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes.





## FACE LIFT

A facelift, or rhytidectomy, is a surgical procedure that improves visible signs of aging in the face and neck, such as:

- Relaxation of the skin of the face causing sagging
- Deepening of the fold lines between the nose and corner of the mouth
- Fat that has fallen or has disappeared
- Jowls developing in the cheeks and jaw
- Loose skin and excess fat of the neck that can appear as a double chin or "turkey neck"

The loss of youthful contours in the face can be due to variety of factors, including thinning of the skin, loss of facial fat, gravity, sun damage, smoking, as well as heredity and stress.

## FAT TRANSFER BREAST AUGMENTATION

Fat transfer breast augmentation essentially uses liposuction to take fat from other parts of your body and inject it into your breasts. This is a breast augmentation option for women who are looking for a relatively small increase in breast size and would prefer natural results.

## GYNAECOMASTIA SURGERY

Gynecomastia surgery reduces breast size in men, flattening and enhancing the chest contours. In severe cases of gynecomastia, the weight of excess breast tissue may cause the breasts to sag and stretch the areola (the dark skin surrounding the nipple). In these cases the position and size of the areola can be surgically improved and excess skin may be reduced. Plastic surgery to correct gynecomastia is technically called reduction mammoplasty.

## LASER SKIN RESURFACING

Laser skin resurfacing, also known as a laser peel, laser vaporization and lasabrasion, can reduce facial wrinkles, scars and blemishes. Newer laser technologies give your plastic surgeon a new level of control in laser resurfacing, permitting extreme precision, especially in delicate areas.



## LIPOSUCTION

Liposuction, sometimes referred to as “lipo” by patients, slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion.

## MALE BREAST REDUCTION SURGERY

Gynecomastia surgery reduces breast size in men, flattening and enhancing the chest contours. In severe cases of gynecomastia, the weight of excess breast tissue may cause the breasts to sag and stretch the areola (the dark skin surrounding the nipple). In these cases the position and size of the areola can be surgically improved and excess skin may be reduced. Plastic surgery to correct gynecomastia is technically called reduction mammoplasty.

## MOMMY MAKEOVER

The goal of a mommy makeover is to restore the shape and appearance of a woman’s body after childbearing. Many women notice changes in their bodies post-pregnancy. There are many areas of the body that can be addressed, most commonly the breasts, abdomen, waist, genitalia and buttocks. A mommy makeover is typically performed as a single stage procedure.

## NECK LIFT

A neck lift, or lower rhytidectomy, is a surgical procedure that improves visible signs of aging in the jawline and neck. What neck lift surgery can treat:

- Excess fat and skin relaxation in the lower face that creates jowls
- Excess fatty deposits under the chin
- Loose neck skin
- Muscle banding in the neck, which created abnormal contours





### **OTOPLASTY**

Otoplasty, can improve the shape, position or proportion of the ear. A defect in the ear structure that is present at birth or that becomes apparent with development can be corrected by otoplasty. This procedure can also treat misshapen ears caused by injury. Otoplasty creates a more natural shape while bringing balance and proportion to the ears and face. Correction of even minor deformities can have profound benefits to appearance and self-esteem. If protruding or disfigured ears bother you or your child, you may consider plastic surgery.

### **PINNAPLASTY**

Ear correction surgery is cosmetic surgery to alter the size or shape of the ears, or pin them back if they stick out. Pinning back the ears is known as an otoplasty, or pinnaplasty. It's usually carried out on children and young teenagers, although adults may wish to have it done, too. An otoplasty isn't suitable for children younger than five as their ears will still be growing and developing.

Most people are happy with the results of an otoplasty, and generally it's a safe procedure. But it can be expensive and there are still risks to consider.

### **THIGH LIFT**

Thigh lift surgery reshapes the thighs by reducing excess skin and fat, resulting in smoother skin and better-proportioned contours of the thighs and lower body. If fitness and weight control efforts have not achieved your goals for a body that is firmer, more youthful-looking and more proportionate to your overall body image, a surgical lift may be right for you.

### **TUMMY TUCK**

Tummy tuck surgery, also known as abdominoplasty, removes excess fat and skin and, in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. A flat and well-toned abdomen is something many of us strive for through exercise and weight control. Sometimes these methods cannot achieve our goals. Even individuals of otherwise normal body weight and proportion can develop an abdomen that protrudes or is loose and sagging. The most common causes of this include:

- Aging
- Heredity
- Pregnancy
- Prior surgery
- Significant fluctuations in weight





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.

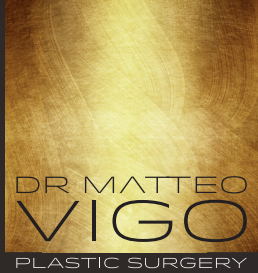
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



## COSMETIC SURGERY DUBAI

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

---

To book a 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

**HEALTHBAY POLYCLINIC**  
Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai

**AIG CLINICS JUMEIRAH**  
Plastic Surgery Dubai  
506A Jumeirah Road Jumeirah  
3 Post Box 505173  
Dubai

**BIOSCIENCE CLINIC**  
Al Razi Building 64,  
Block B, Ground Floor