

A close-up photograph of a woman's chest and shoulders. She is wearing a white, ribbed, spaghetti-strap bra. The lighting is soft and warm, highlighting the texture of the bra and the skin. In the upper center, there is a vertical gold-colored rectangular overlay containing the text 'DR MATTEO VIGO' in a black, sans-serif font. Below the name, the words 'PLASTIC SURGERY' are written in a smaller, lighter font.

DR MATTEO
VIGO

PLASTIC SURGERY

KNOW YOUR
**BREAST IMPLANT
OPTIONS**



The size of a woman's breasts, one of her most distinguishing physical characteristics, can have an impact on her physically and psychologically. If one's breasts are lovely and proportionate, one can project confidence in social and professional contexts. Choosing how much larger you want to go for a breast augmentation or repair is a really tough decision. The size of your new breasts will define their appearance and degree of proportion with the rest of your body. Consider the following factors while choosing breast implants:

PATIENT BODY TYPE

Implant sizes that are both comfortable and aesthetically pleasing for different body types vary. Your breasts shouldn't appear unduly large or small in relation to your body. Discomfort and sagging may also occur if the implants are too heavy for the body to support; in certain cases, this will require revision surgery.

It's crucial to carefully consider your bust's base width or circumference, the space between each breast, and the overall breadth of your chest when choosing an appropriate breast implant size. Skin thickness and stiffness may also be significant because a thicker implant could provide the appearance of drooping skin.

BREAST PROFILE & SHAPE

The implant's dimensions, form, and projection must coincide with those of your body. A round profile, which gives upper-pole firmness and perkiness, would suit a small-framed woman, while a teardrop- or oval-shaped (also known as anatomical) profile may complement a woman with a larger frame by preserving lower-pole fullness and curvature. Many women who receive breast reconstruction prefer a teardrop shape because it may better mimic their original breast shape. However, older patients or those who would like a breast lift (mastopexy) in addition to their augmentation may prefer a round shape for more upper-pole fullness, which lends a more youthful appearance.

PATIENT AGE & SKIN QUALITY

When you're younger, your skin is tighter and more malleable, making it easier to work with to get the size of implant you want. More volume in the skin will result in firmer breasts that maintain their shape and can support their own weight. It also aids in preserving a natural look and feel. In order to maintain the symmetry and natural feel of your breasts, there must also be sufficient tissue coverage for the implants. A woman



with thin or loose breast tissue will have breasts that appear swollen or strained if she has a big implant.

PREGNANCY & BREASTFEEDING

The female body may undergo many obvious changes during pregnancy. Throughout your pregnancy, your breasts may expand; following delivery, they may contract; and/or during nursing, they may contract. Undergoing an implant procedure before or during pregnancy carries considerable dangers and should not be taken lightly because it can significantly affect nursing. I suggest waiting until all pregnancies and breastfeeding cycles have concluded before making any decisions on breast augmentations or sizes. This will help you avoid needing more surgery to make your breasts look like they did before you gave birth or started nursing.

How much the procedure will affect your ability to breastfeed will depend on the placement of your implants, the size of implants you choose, and the amount of breast tissue you have. You should talk to me if you plan to get pregnant and/or breastfeed so that we can jointly decide on the necessary breast implant size and early surgical methods.

OTHER TIPS FOR DETERMINING YOUR IMPLANT SIZE

The ideal implant size for you is determined by a number of factors. Making the appropriate choice depends on a number of factors, including breast measurements, desired size, breast features, tissue, and chest wall.

Cubic centimetres are used to measure breast implants. For this reason,



CC is frequently used to indicate size, such as 350CC. From roughly 80CC to 800CC, there is a wide variety of sizes available for breast implants. Naturally, the larger the number, the larger the size of the breast implant. Additionally, the base's breadth varies, ranging from 7.4 to 17.2 cm.

DON'T MEASURE YOUR BREAST SIZE BY YOUR BRA

Breast size cannot be accurately determined by looking at a bra cup size. Because bra sizing guidelines differ between manufacturers and even between nations, it is imprecise. Even if they have the same label for cup size, the actual amount could differ. For this reason, it's ideal if you arrive at your sizing appointment wearing the exact bra you want to wear following surgery.

HOW I HELP DETERMINE A PROPORTIONATE IMPLANT SIZE

It's crucial from a medical perspective that I take into account your unique body dimensions while determining the appropriate size for you. Complications from an excessively big implant might arise immediately post-surgery as well as years later. Incision line separation and significant sagging are examples of these problems. I am aware, nevertheless, that an implant that is too tiny won't significantly enhance your body form. Measurements like as height, ribcage breadth, and shoulder width are utilised to estimate a range of implant sizes that would lower your risk of problems and create a proportionate improvement.



BREAST IMPLANT MEASUREMENTS

Choosing the appropriate implant size involves considering a number of criteria. You can encounter circumstances in life that could negatively impact you and your new implants if you don't thoroughly plan ahead.

BREAST IMPLANT SELECTION

Do you not know the difference between a 300cc and a 400cc? Wish for a natural result? Are you worried about how you look after surgery? Wish to have a certain celebrity's appearance? Motiva sizes may aid in your journey towards self-discovery. Motiva Implants and its coordinating consultation tools offer the widest range of implant types to accommodate women with varying body forms.

While rice bags or samples have been utilised as basic selection aids for implant type, size, and shape, Motiva provides more advanced, proprietary tools that help patients make the best implant choice by helping them assess future breast enlargement results more accurately.





DR MATTEO
VIGO
PLASTIC SURGERY

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



DR MATTEO
VIGO
PLASTIC SURGERY

BREAST AUGMENTATION DUBAI

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

EMAIL
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