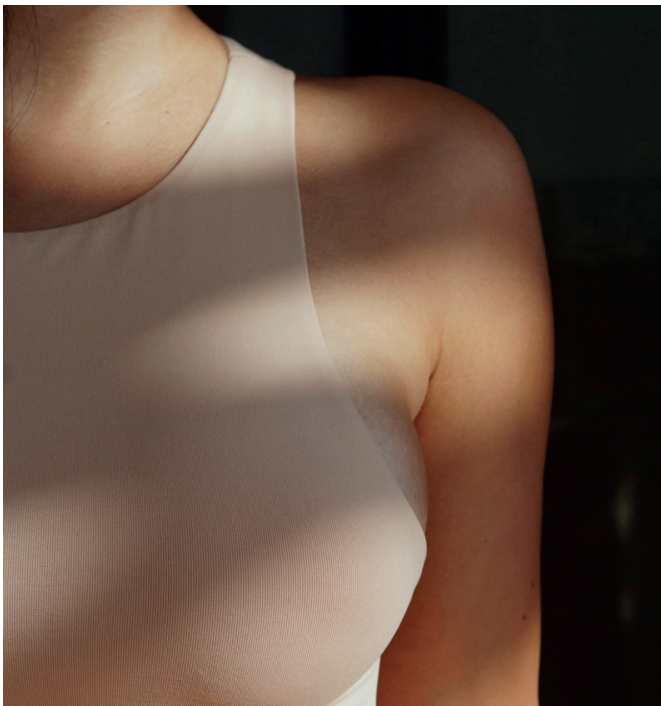




DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST
AUGMENTATION:**
AN ALL-YOU-NEED-
TO-KNOW GUIDE



Having fuller more voluptuous breasts is a very important part of feeling feminine and more confident for women. The breasts give the female body more proportion, curves and shape, which makes many women feel sexier. There are a variety of factors that make women unhappy with their breasts. Such factors include the effects of aging, gravity which leads to sagging, post pregnancy changes and natural asymmetry. A breast augmentation helps women improve the overall appearance of the breasts and cleavage. This results in an improved self-esteem, confidence and feeling sexier about your body.

Reasons why women seek breast augmentation include:

- Improved body proportion
- Correct loss of fullness or sagging due to aging, gravity or pregnancy
- Improve cleavage appearance
- Increase breast shape and size
- Correct asymmetry of the breasts (one breast is larger than another)

WHAT TECHNIQUES ARE INVOLVED?

Breast augmentation involves the placement of an implant under the patient's breast tissue to enhance the size and shape of the breast. The breast implants are usually inserted using an incision placed under the breast at the crease, but can also be put in via an incision in the armpit or around the nipple.

Breast augmentation surgery takes about one and a half hours, and is usually done under general anaesthetic. The operation itself involves accessing and creating the pocket into which the implant will be placed, using one of the insertion routes mentioned above: breast-crease, armpit or nipple.



Incision Options

There are three different types of incisions that can be performed when getting a breast augmentation surgery. These incisions are Inframammary (incision below the breast), Transaxillary (through the armpit), and Peri-Areolar (along the lower edge of the Areola). Dr Vigo will go over the different options available to you during your consultation, showing you the benefits of each option and explaining exactly how they are performed including the associated recovery time for each.

Inframammary

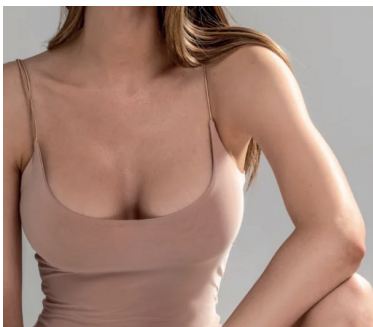
An inframammary incision is the most common incision when getting a breast augmentation. This incision is made in the fold below the breast and carries a very low risk of complications. Inframammary incisions are highly recommended for large pre-filled implants such as silicone. These incisions are usually discreet as it goes along the natural crease below the breast, however, on occasion the scar may be visible due to the size or shape of the implant. All patients heal at different rates. Your incisions will be monitored after surgery and tailor your scar management to optimize healing and appearance. Proper care and maintenance of your incisions will be closely followed with you as you heal.

Peri-Areolar

A Peri-Areolar incision is done around the bottom edge of the areola and is typically four to five centimeters in length. This incision is very discreet after it is healed. Often times it is impossible to notice as it goes along the natural edge of the areola. The trade off risks and benefits of their incision approach will be discussed at the time of your consultation. Some women may experience difficulty with breast feeding after this incision approach. Nipple sensitivity is also jeopardized with this approach compared to other incision sites.

Transaxillary

A Transaxillary incision is the least visible of the different incision options



as it is made in the armpit. This ensures there are no scars anywhere near the breasts. The breast augmentation procedure is performed using an endoscope during the surgery, which allows the surgeon to see the implant inside the pocket. Having the ability to see the implant inside the pocket allows for the best surgical decisions and precise placement of the implant. Implant type is

limited by the incision, as only round smooth implants can be placed through this incision.

Once the pocket has been created, the surgeon may insert a trial implant to check that the size chosen is appropriate. The trial implant is removed, the definitive implant inserted and the incision wounds are stitched. You will be able to go home the same day. Postoperative pain in these procedures is easily controlled. Your chest will feel tight. Your breasts and ribs below your breasts will be tender. Patients will be mobile from day one and should be back to full exercise within six weeks. Patients are recommended to take around one to two weeks off work immediately after the operation in order to ensure you recuperate fully.

IMPLANT PLACEMENT OPTIONS

There are two choices when it comes to the placement of the breast implants you select. They are subglandular (above the muscle) or submuscular (below the muscle). The benefits of each of the different placement options will be discussed with you at your consultation with a recommendation of a specific placement option depending on the natural shape of your breasts or your overall goals for getting a breast augmentation.

Subglandular

Subglandular placement is when the implant is placed above the muscle. During this placement, the implants are placed below the natural breast tissue and the surgery is usually quicker but the recovery time is about the same as below the muscle. One of the benefits of subglandular placement is that if future surgery may be required due to rupture or leakage, it allows for easier access to the implant. However, subglandular



placement does also have its downsides, such as an increased risk of capsular contracture, concerns about breast views on mammography, and the implant may be able to be felt through the skin.

Submuscular

Submuscular placement is when the breast implant is put under the pectoral muscle. The benefit with submuscular placement is that the final result of the breast augmentation will look and feel more natural. Any breast imaging will be easier including mammographies, because it is easier to differentiate the implant from real breast tissue. Most patients are able to drive in a few days and you may shower the next day. Most surgeons agree that implants under the muscle are in the best position for the long term health of the patient.

Dual plane augmentation

When slender women with slightly drooping breasts seek breast augmentation surgery, surgeons often combine these two routes, placing the implants partly behind the breast and partly behind the muscle. Through this combined approach surgeons try to give patients the benefits of both techniques. This is called a dual plane augmentation.

BEFORE BREAST AUGMENTATION SURGERY

Before going into breast augmentation surgery, it is very important to get a good nights rest. You must follow the instructions given such as limitations to food or medications the day before surgery. All of this is important to get the best results and have the quickest recovery possible when getting surgery.

On the day of surgery make sure you have a friend or family member drive you to the surgical facility. You may be very sleepy from anesthesia after the surgery. Before surgery, your surgeon will review the choices you selected and answer any final questions or concerns you may have.

Your body will then be marked and you will be guided through exactly what will happen during the surgery.



DR. MATTEO
VIGO

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.

SALINE IMPLANTS

Breast implants filled with sterile salt water.

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.



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.

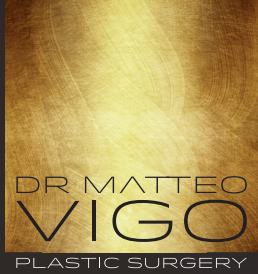
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



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

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