



DR MATTEO  
VIGO

PLASTIC SURGERY

**BREAST  
AUGMENTATION:  
NATURAL-LOOKING  
RESULTS**



As more and more women seek to improve their physical appearance, breast augmentation procedures are becoming more and more common. Nonetheless, the worry of unnatural-looking results is among the most prevalent worries women have regarding breast augmentation.

It's a legitimate concern because many women have experienced breast augmentation surgery failures that left them with hard, deformed, and fake-looking breasts. Fortunately, there are a few fundamentals to attaining natural breast augmentation outcomes that will boost any woman's self-confidence before undergoing surgery.

Choosing the right implant type, size, and placement is crucial to getting natural-looking results from breast augmentation. Silicone implants with a moderate profile are frequently preferred, as are teardrop-shaped implants for better contouring and placement beneath the pectoral muscle (submuscular) to replicate the feel and movement of natural breast tissue. Additionally, fat transfer procedures that use the patient's own fat can look very natural by enhancing the breast area while also contouring other body parts where fat is harvested, such as the abdomen or thighs.



Here are some key points for natural-looking breast augmentation results:

#### **BREAST IMPLANT TYPE**

Since silicone implants closely resemble the texture of natural breast tissue, they are typically thought to offer the most natural appearance and feel when compared to saline implants.

#### **BREASTS IMPLANT SHAPE**

Particularly for patients with smaller natural breast tissue, anatomical or teardrop-shaped implants can more closely resemble the natural form of the breasts.

#### **BREAST IMPLANT PLACEMENT**

Compared to submammary placement (under the breast tissue), submuscular placement (under the pectoral muscle) usually offers a more natural appearance and mobility.

#### **BREAST IMPLANT SIZE SELECTION**

To achieve a natural appearance, it is essential to select an implant size that is appropriate to the patient's body frame and existing breast tissue.

#### **FAT TRANSFER (AUTOLOGOUS FAT TRANSFER)**

This procedure uses the patient's own tissue to create a highly natural look and feel by extracting fat from another part of the body and injecting it into the breasts.

Here are some important considerations for natural-looking breast augmentation results:

To achieve the most natural-looking results from your breast augmentation procedure, selecting the appropriate surgeon is crucial. Your unique demands will be assessed, and a customised treatment plan will be developed, by a board-certified plastic surgeon with substantial experience in breast augmentation treatments. Furthermore, an experienced surgeon like Dr. Vigo would know how to position the implant so that it looks natural. Seek out a surgeon that can provide you with a solid portfolio of photos showing the procedure both before and after breast augmentation.

A smooth and gradual recovery is essential to getting natural outcomes from breast augmentation. Any serious injury, infection, or lack of personal cleanliness might result in problems and unsatisfactory outcomes. By closely adhering to your surgeon's instructions, you can prevent adverse consequences such as capsular contracture, rippling, and implant hardening. Before your surgery, have a thorough conversation with your surgeon about your recuperation so you know exactly what you need to do to guarantee a speedy recovery in the weeks that follow.

It makes sense that women might be concerned about whether their breast augmentation may appear excessively huge, firm, or disproportionate. You can be confident, though, that your surgeon knows a few tricks to guarantee that your breast augmentation will appear the best and most natural. Talk to your surgeon about your goals and concerns in detail, and think carefully about the kind of implants and procedure that will work best for your body. You may be sure that your breast augmentation procedure will result in a natural and lovely appearance if you heed all of the instructions given and take all the required precautions following your procedure.

It's important to realise that choosing larger breasts isn't always the greatest option when considering breast augmentation. Enhancement, not merely enlargement, should be the aim of the procedure. Many women are looking for a delicate, elegant boost that accentuates their natural form, while others may dream of a big increase. Selecting a skilled, compassionate surgeon like Dr. Vigo who has a history of aesthetic outcomes and who values a customised, customised approach for every patient is the greatest method to possibly attain a more natural outcome.



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 an 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 these 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](mailto:booking@matteovigo.com)

Telephone & Whatsapp  
+971 56 282 5825

Locations

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