



DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST
AUGMENTATION:**
RECOVERY &
HEALING



Most people recover from breast augmentation surgery in about 4-6 weeks, and most can resume their regular activities after that. However, it may take several months for the implants to fully heal and settle, depending on your body's healing process, implant size, placement, and other individual factors. Important recovery strategies include wearing a supportive bra, taking medication to manage pain, avoiding heavy lifting, sleeping on your back with your head up, and drinking plenty of water to reduce swelling.

ONCE YOU GET HOME

On the day of your breast augmentation procedure, you ought should be able to go back home. Dr. Vigo can talk about how to recuperate from breast augmentation surgery and what you should do thereafter. On the day of the procedure and probably for a few days following, you will not be able to operate a motor vehicle on your own. Even if you feel physically capable, many insurance companies won't pay you right away after a general anaesthetic is administered.

RISK OF INFECTION

The concern of infection is one of the most significant concerns connected to breast surgery. Experts are constantly looking into ways to lower the risk of these infections, even though this is significant and should be taken into account when deciding whether to have surgery. In order to prevent infection, Dr. Vigo advises antibiotic medication and infection screening before to surgery. Additionally, certain methods, such twice gloving and cleansing the skin with alcohol, might be used to prevent infection.

MINOR SCARRING

Following surgery, minor scarring on the breast's underside and bruises around the breast are typical. Although every case is unique, most breast augmentation scars should go away in six to seven weeks.

Approximately 18 months are needed for full healing. If Dr. Vigo gives his approval, you can take Bio-Oil to aid in the healing process after your post-operative appointment. The type of scars you can anticipate following surgery will be thoroughly explained by Dr. Vigo.



THINGS TO AVOID

Stretching and strenuous exercise should be avoided for at least six weeks after surgery because they can cause stitches to come loose. After the healing process starts, your stitches will be taken out. Since it may be challenging and uncomfortable to raise your arms too high just after surgery, we advise you to do as little as possible, including shampooing your hair. You'll notice better freedom of movement after the first week to ten days. To maintain your muscles' flexibility at this stage, we advise doing some light stretches. You can start low-impact cardio after the first month as long as it doesn't interfere with your recuperation. For the first 12 weeks, you might want to refrain from pectoral workouts like push-ups if your breast implants were positioned beneath the muscle.

SOME AFTERCARE TIPS

During the first six weeks of your breast augmentation recuperation, Dr. Vigo advises wearing a sports bra every single day. After three months, a breast augmentation recovery bra can be necessary, depending on how quickly you recuperate. You can get advice from Dr. Vigo about what exactly has to be done. It is recommended that you sleep upright, which may affect the quality of your sleep. The quality of your sleep can affect how well your brain works, even if you get eight hours of it. Although the effects of sleep deprivation vary from person to person, it can cause you to become irritable or slower to react. Think about how getting poor quality sleep will affect you and those around you.

If you have young children, you should be aware that you will have limited movement for at least one week after your breast surgery. During the initial phase of your recuperation, we advise you to set up childcare or, at the absolute least, someone to assist with lifting.

Please don't hesitate to get in touch with Dr. Vigo if you have any more queries or would like more details about what to expect after breast surgery.

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



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

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