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PLASTIC SURGERY

**BREAST  
AUGMENTATION:  
WHAT TO EXPECT**



Electing to undergo breast augmentation surgery can be both thrilling and intimidating. Although the operation has many great benefits, many people are often unaware as to what exactly goes into getting the procedure. Typically, the surgery will encompass three phases: consultation, operation, and recovery. Each step of the process requires its own level of consideration. By taking the time to learn about each phase, you can ensure that you get the results you want. Before beginning the process, however, you have to decide if the procedure is for you.

### **Is breast augmentation right for me?**

Before setting up a consultation, patients should take the time to consider if the procedure is right for them. The process requires time, money, and enduring some physical discomfort. Since the procedure involves an initial investment, you should take the time to think about your desired outcome and what you would consider a good value for your money. Once you have a clear idea of what you want, you can then meet with a surgeon to get their opinion on how to best achieve these results.

### **The consultation**

Although many patients have their first consultation with some idea of how they would like to appear after the operation, you can also ask surgeons for recommendations. A breast augmentation specialist will have performed many surgeries by the time you enter their clinic, so surgeons have a working knowledge of what people prefer when it comes to breast augmentation. Doctors can use computer-assisted visualization tools to determine the best size and implant type for your body.

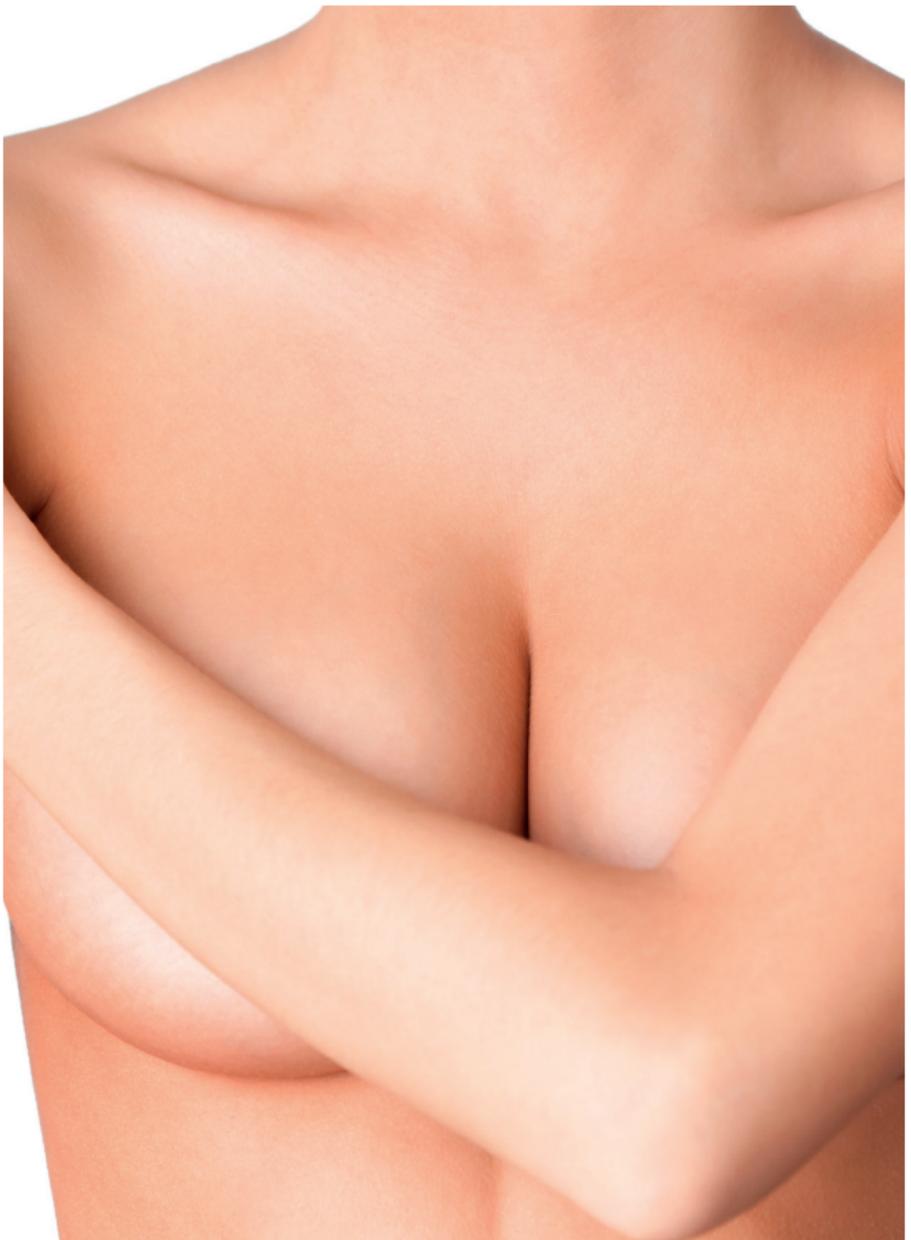
During the consultation, the doctor will explain the entire process of the breast augmentation. Beyond size, you will have to choose the kind of implant material you would like. The two main choices are silicone or saline, which will determine firmness and shape. Depending on your choice, you will have to select a shape, which can be round or teardrop, among other choices. Depending on what you choose, the doctor will then recommend either to place the implant below or above the muscle.

## The procedure

Breast augmentation is usually an outpatient procedure, though some can elect to stay overnight. The surgery will last between one and two hours, and you will likely receive general anesthesia. During the procedure, the surgeon will make cuts under the breast, under the arms, or around the nipples. After they insert the implants, the surgeon will close the incision with a suture.

## Recovery

Although breast augmentation surgery once required a significant amount of recovery time, patients are often able to return to work shortly after the operation. To reduce swelling and pain, you should sleep upright, such as in a recliner, for the first 48 hours after the operation. You should expect to reduce any strenuous activity for two or three weeks after surgery, including limiting the amount of times you raise their hands above your head, which will help reduce swelling. This reduction in activity includes exercising and lifting heavy objects. Generally, after eight weeks, most people will be able to return to normal levels of activity.





### **Tips for healing**

To make things easier on yourself after the operation, you should set aside clothes for the week and perform any necessary housework prior to the surgery. The week after the operation will be the most difficult, so you are encouraged to do the legwork beforehand so you can rest that week. Ice packs and loose-fitting clothing will go a long way in helping to alleviate discomfort from the breast augmentation surgery. Lastly, drink lots of water to stay hydrated during the process.

Make sure that you are well informed about all the aspects of breast augmentation before making the final decision to undergo the procedure. If you're confident that you can handle each step of the procedure, you're much more likely to have an easy recovery and be thrilled with your final results.



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.



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 it 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 find themselves and their wellbeing.

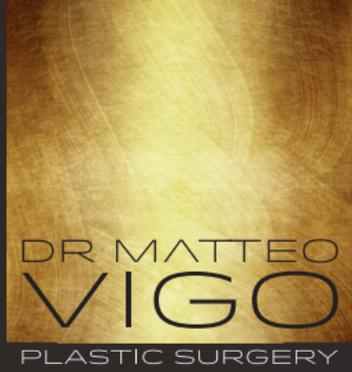
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



# BREAST AUGMENTATION DUBAI

Click here to learn more about: [\*\*Breast Augmentation Dubai.\*\*](#)

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To book a Breast Augmentation consultation with Dr Vigo, please contact me today.

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