

DR. MATTEO  
VIGO

PLASTIC SURGERY



DISCOVER THE  
BENEFITS OF  
**BODY LIFT SURGERY**



A body lift is a surgical procedure to remove loose skin and excess tissue after significant weight loss. The procedure offers numerous benefits to those that have lost weight quickly due to bariatric surgery or their own dieting efforts. If you have reached the target number on the scale but do not see the results you were hoping for when you look in the mirror, body contouring surgery may be the right choice for you.

During your consultation with Dr. Vigo, he will perform a physical evaluation and review your goals for body lift treatment. Together, you will select the most beneficial combination of procedures to provide you with the most dramatic results that will highlight and enhance your features. A full body lift may include any of the following procedures in the upper, mid, and lower sections of your body:

- Abdominoplasty, or tummy tuck, removes excess skin and fat from the abdomen for a tighter and more toned mid-section
- Thigh and leg lift removes skin and fat deposits from the thighs and legs for more defined thighs and calves
- Buttock lift can trim skin and fat to lift and reshape the buttocks
- Arm lift, or brachioplasty, can remove excess, hanging skin from the upper arms
- Breast lift removes excess skin and tissue to situate the breasts in a higher position

Each of these procedures will remove excess tissue to tighten and tone your skin for improved contours in that specific area. Dr. Vigo emphasizes clear cosmetic goals for all of his patients.

## FULL BODY LIFT BENEFITS

While each of these procedures on their own can produce quality results, when two or more are combined, your results can be even more dramatic. Benefits of a full body lift may include:

- Removal of excess, sagging skin for a slimmer figure and to eliminate health issues such as rashes or skin infections
- Firm, toned, and smoother skin that accentuates your weight loss success
- Elimination of folds of skin, making personal care easier
- Exercise and other physical activities may be easier and more comfortable
- Wider variety of clothing options
- Rejuvenated and more youthful appearance
- Improved confidence and self-image

During your consultation, Dr. Vigo will outline the specific benefits you may see from a full body lift based on the personalized combination of procedures you choose.

### Customized to Your Needs

Body lifts can be completely customized to the unique needs of each patient. Dr. Vigo is experienced in a wide range of body lift procedures and will help you determine the right procedures for you. In some cases, your lift procedures will be performed simultaneously to provide you with dramatic results with just one time under anesthesia and one recovery period. Other patients might require two or more procedures to reach their desired outcome without sacrificing their safety.

### Creates a Smoother Body Contour

When you started on your weight loss efforts, you probably had an image in your mind of how your final result would look. That image probably did not include extensive folds of loose skin hanging over those newly sculpted areas, marring your overall profile. By removing skin folds, you can streamline your body contour to get much closer





to the image you had in your mind before you began your journey. The cosmetic improvement can do much to increase your self-esteem and your self-confidence, as well as your satisfaction with your weight loss success.

#### **Eliminates Skin Irritation, Infection**

When you have loose skin rubbing together, you also have an increased risk for skin irritation and even infections. This problem can become quite painful, impacting your ability to wear some types of clothing and participate in some activities. You may require multiple treatments to manage ongoing skin conditions, which can be inconvenient and time consuming in addition to physically painful. When we eliminate the loose skin, we also effectively eliminate the skin issues.

#### **Allows for Smaller Clothing Sizes**

Before you began your weight loss, you were probably looking forward to fitting into smaller sizes of clothing. Unfortunately, loose skin left behind can continue to hinder your ability to wear the clothing you had been waiting for. In addition, the extra skin can make clothing uncomfortable, keeping you from donning some of your favorite pieces. Body lift procedures can smooth your body contours to make those smaller clothing sizes more comfortable.

#### **Understanding the Procedure**

During a body lift, Dr. Vigo may take one of several approaches, depending on the level of correction needed. The location and amount of excess skin to be removed is another factor, as is any personal preference you may have about your final appearance.

Typically, a body lift begins with a circumferential incision that extends around the lower body. This gives Dr. Vigo access to the treatment areas, including the belly, waist, hips, thighs and buttocks. Next, excess skin and fat are removed, and the remaining skin is repositioned and re-draped. Liposuction may also be incorporated to help remove fatty deposits in the treatment area. Finally, the incisions are closed and the recovery process begins.

## Recovery and Results

Most men and women experience discomfort following their body lift, including soreness at the incision site and initial swelling. As these dissipate, more well-defined lower body contours are seen. Most patients can return to work in a week or two. However, more active pursuits should wait until you feel more comfortable.

A body lift helps you feel better about your body following major weight loss or other physical changes that left loose skin behind. Although it's important to maintain realistic expectations, you can expect to see a permanent improvement in your lower body contours as long as you maintain a healthy and active lifestyle.

Body lift, or body plastic surgery, helps reduce saggy, loose appearance and irregularities on the surface of the skin due to poor elasticity, or laxity in the central area of the body. Loss of elasticity may occur as a result of significant weight loss, aging, sun damage, and genetics, among various other factors. This is a common surgery for patients who have lost weight after weight loss surgery (bariatric procedures).

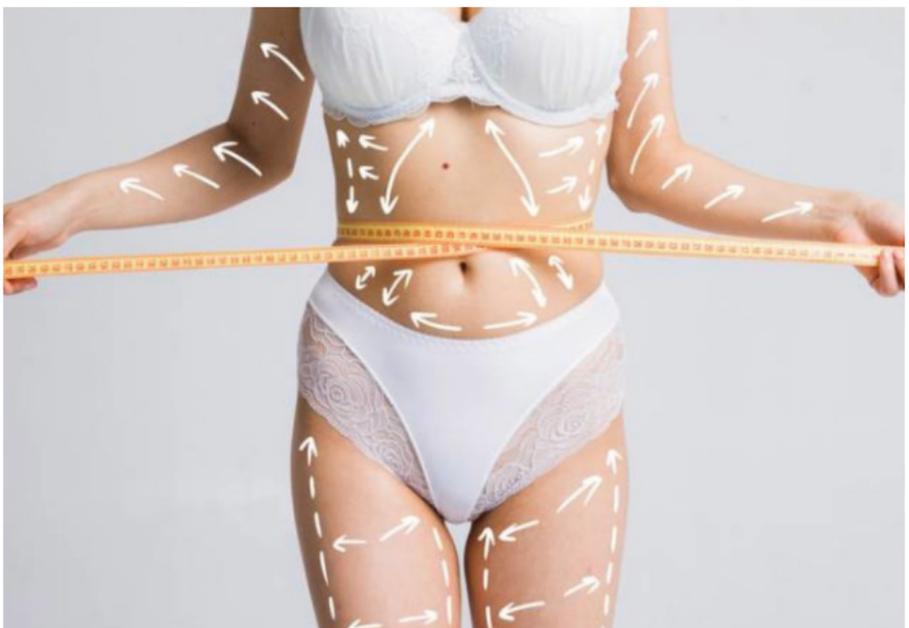
## What Body Lifts Can Treat

A body lift can help your body appear smoother, more toned, and shapelier overall. Body lifts can treat the appearance of excess skin, fat, and cellulite by removing these tissues from various parts of the body. If you are bothered by the appearance of loose, sagging skin or fat tissue in multiple parts of your body, you may benefit from body lift surgery. After weight loss many patients believe they're able to achieve greater overall satisfaction and quality of life when they look and feel better.

To achieve the best results, it's recommended that you maintain a normal body weight for at least a year - especially if you've just recently achieved significant weight loss - before moving forward to body lift procedures. It may also be best to postpone abdominal body lifts if you're planning for further weight loss or future pregnancies. The best way to determine whether you're a good candidate for body lift surgery is through a one-on-one plastic surgery consultation.

## Preparing for Body Lift Surgery

The initial step in any surgical procedure is consultation. Before your body lift surgery, be prepared to discuss your expectations with Dr. Vigo.





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**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.

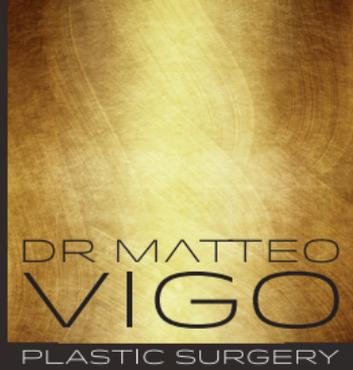
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



## PLASTIC SURGERY DUBAI

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[Plastic Surgery Dubai](#).

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

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#### Locations

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Jumeirah Beach Residence  
Dubai

##### **BIOSCIENCE CLINIC**

Al Razi Building 64,  
Block B, Ground Floor

##### **HEALTHBAY POLYCLINIC**

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Umm Al Sheif  
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