

A close-up, low-angle portrait of a woman's face, looking slightly upwards and to the right. Her dark hair is blowing across her face, partially obscuring her eyes. The lighting is soft and warm, creating a serene and elegant atmosphere. The background is a blurred, light-colored outdoor setting.

DR MATTEO
VIGO

PLASTIC SURGERY

GUIDE TO FACIAL
COSMETIC SURGERY



A natural-looking, rejuvenated appearance is made possible by skill and experience. To help in your decision-making process, this guide covers a range of facial cosmetic surgery procedures. I possess significant experience in all areas of aesthetic plastic surgery including facial cosmetic surgery, cosmetic breast surgery, and body contouring procedures:

NECK LIFT

A neck lift offers a smoother and more toned appearance to skin under the chin and neck areas. Newer, less invasive procedures offer shorter operative times, quicker recoveries and can result in significant improvement in the neckline without requiring the extensive surgical dissection of a traditional face lift.

Neck lift surgery can be performed in a variety of ways. Typically, an incision is made in front of and behind the ear. The edge of the sagging neck muscles is identified and pulled up and secured. The resulting excess skin is removed behind the ear hiding the incision. An alternate method involves creating an incision under the chin and tightening the underlying muscle without removing skin and without the need for an

incision in front of the ear. Procedures are usually performed in half the time of a typical face lift, and patients generally recover within one week to 10 days and usually can return to work after the first week with only minor bruising.

FACE LIFT (RHYTIDECTOMY)

In the early days of cosmetic surgery, face lifts consisted of skin tightening only. Most modern face lift techniques today consist of tightening both the skin and the tissue beneath the skin in the cheek and the neck. There are many techniques. No matter the technique, however, the principle is the same: tightening of the deeper structures allows less tension to be put on the skin, which may lead to a longer term result.

With most face lift procedures, a drainage tube is inserted during surgery. This will be removed a day or two after surgery. All sutures are usually removed within five to 10 days following surgery. Surgeons generally recommend that patients avoid vigorous activity and arrange for post-surgery support from family and friends.

Recovery usually takes two to three weeks, though many patients go back to work in two weeks. Scars are well concealed in natural skin creases and along the hair-line or, if necessary, by makeup until total healing has occurred. Bear in mind that the aging process continues after surgery and that some relaxation of tissues will occur in the first few weeks.

EYELID SURGERY (UPPER LID BLEPHAROPLASTY)

This procedure is aimed at removing excess skin and fat in the upper eyelids. It typically is done under local anesthesia combined with conscious sedation ("twilight sleep") and has one of the most rapid recoveries of any facial plastic surgery procedure. The entire procedure takes approximately 45 minutes to an hour and the pain is minimal in most cases. Some minor swelling and bruising may last a few days, and most patients are completely recovered after a week. These procedures may be combined with brow lifts to achieve the best effect.





EYELID SURGERY (LOWER LID BLEPHAROPLASTY)

This procedure addresses the puffiness of excess fat and the wrinkling of excess skin in the lower eyelids. For those patients with excess fat and little or no excess skin, the procedure can be performed by making the incision inside the eyelid (transconjunctival), avoiding a scar on the skin. For those patients with excess skin and fat, an incision is made just below the eyelashes, where it can be well hidden. I will use an endoscope (a pencil-like camera device) inserted through a different incision, where the forehead skin is lifted and the muscles and underlying tissues are removed or altered to produce a smoother appearance.

BROW LIFT

Also called a forehead lift, this procedure corrects a low-positioned or sagging brow, smooths furrows across the forehead and between the brows, and helps restore a more youthful appearance

A forehead lift can be done in a number of ways. The conventional “open” method involves making one continuous incision starting at ear level and moving up around the hairline. The incision is usually made well behind the hairline to hide the scar. I offer innovations in forehead lift procedures including the use of smaller incisions and endoscopic technology to both elevate the eyebrows and reduce frown lines.

With the endoscopic lift, instead of making one long incision, I will make about three to five shorter incisions in the scalp, where an endoscope

(pencil-like camera device) is inserted into one of the incisions. This will allow me to view the tissues and muscles from a screen and perform the procedure in a minimally invasive way.

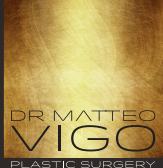
EAR RESHAPING (OTOPLASTY)

Cosmetic ear surgery can improve the shape, position or proportion of the ear. It can correct a defect that is present from birth, an ear shape that becomes more noticeable with development or misshapen ears caused by injury.

The ear is a complex composite structure of skin, cartilage and even small muscles organized into a defined 3-d shape. Abnormalities in any of these components can result in a noticeable change in the shape of the ear. Careful analysis of the nature of the abnormality is probably the most important step in performing any re-modelling procedure.

Once a defined preoperative plan is formulated, the procedure consists of altering the ear cartilage by suture and scoring (cartilage cutting) techniques. A dressing





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.

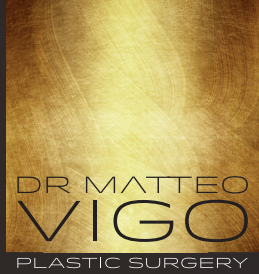
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



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To book a Plastic Surgery consultation with
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