



DR MATTEO  
VIGO

PLASTIC SURGERY

## PATIENT GUIDE TO BREAST UPLIFT (MASTOPEXY)



Breast lift surgery (also known as Mastopexy, or breast reconstruction) helps to restore the elasticity of female breast tissue which can be stretched, most often through factors such as; weight loss, pregnancy and childbirth, breastfeeding or ageing. The improvement in self-esteem and confidence can be remarkable, making a breast lift one of the highest ranking cosmetic procedure in satisfaction.

The procedure is designed to lift breasts that hang abnormally low over the chest, with the majority of their volume sitting at their base. It can be an effective way to enhance the breasts, without drastically changing their size. During the procedure, one of our highly-qualified surgeons will lift and reshape your breasts, giving them a firmer and more youthful appearance. Additionally, we can re-position the nipples higher on the breast so the changes are proportionate and natural. To ensure the best possible results, I may also recommend a breast enlargement or reduction to be performed alongside your breast lift if appropriate. This will be discussed at your initial consultation.

## **MASTOPEXY: AT A GLANCE**

- Surgery time 2 hours
- Hospital stay day case
- Sleeping position sleeping on back recommended for 1-2 weeks.
- Reasonably mobile 1 day
- Washing shower after drain removal (if any) or 2 days post op
- Driving 1 week
- Exercise including gym 4 weeks
- Sexual activity restricted activity after 4 weeks
- Full recovery 6-8 weeks
- Time off work 1-2 weeks
- Bras & garments sports bra worn for 4 weeks

## **HOW THE OPERATION IS PERFORMED**

A Mastopexy or breast uplift is usually required if the position of the nipple is pointing downwards or if it lies below the natural crease of your breast (the inframammary fold.) It is performed under general anaesthetic as a day case procedure, meaning advanced sedation techniques are employed to enable patients to recover more quickly after surgery and return home on the same day.

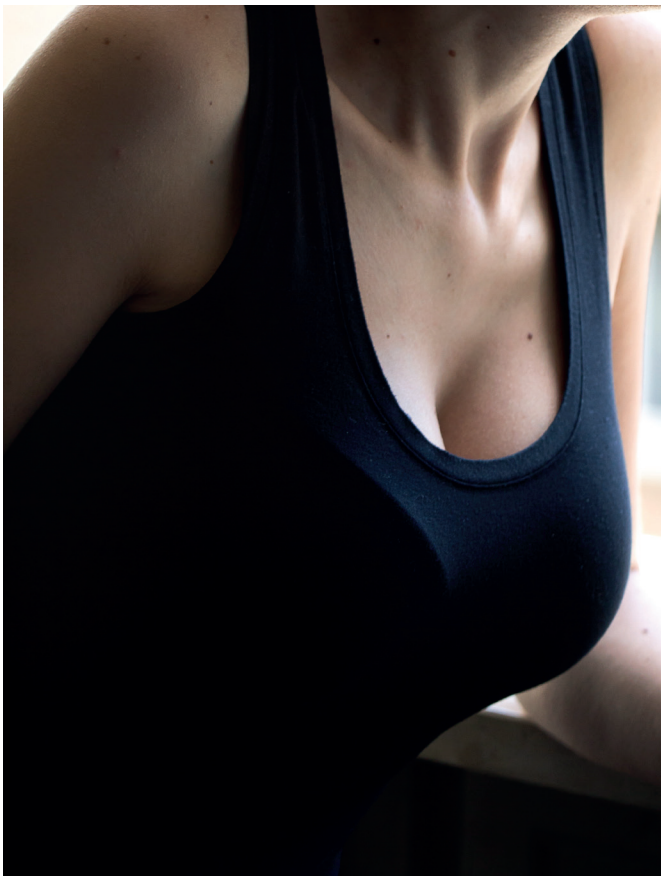
## **THE INCISION SITE**

Generally this procedure is performed to rejuvenate and reshape the look of the breasts – due to the scarring associated with this particular breast procedure, the incision sites will be considered in great detail. There are various places where the incisions can be placed as detailed below:

Periareolar mastopexy or ‘donut’

This method of uplift addresses the loose/sagging skin or envelope of tissue. The incision in this instance is limited to the circumference of the areolar only and is often combined with an augmentation to help restore lost volume. This method proves satisfying for most patients although there is a potential risk of the extra weight of the settling implant distorting the areolar, although the benefit is that scars are kept to a minimum.





#### Vertical or "lollipop" mastopexy

This method helps to reshape the breast very well indeed, however there will still be a visible scar down the centre and underside of the breast. The scar does eventually fade with time - this method is best suited primarily for breast lifts and breast reductions of any size without augmenting and adding further weight to the breast whilst it heals.

#### Traditional 'T-Scar' or 'Anchor' technique

This is by far the most common and preferred technique of uplift - typically, your scar will start around the areolar, travel vertically down the underside of the breasts and then horizontally across the natural breast crease or inframammary fold. There is of course a consideration around scarring, however, with our expert aftercare team your wounds should heal beautifully and with time fade almost completely. This method usually incorporates an augmentation very well as the new weight of your breasts is distributed evenly across all incision sites.

Often as part of a mastopexy procedure your nipple will be realigned - the aim of this surgery is to rejuvenate the look of low, pendulous breasts, therefore, the nipple will be repositioned so that after your surgery, when you stand in front of the mirror naked your nipple is adjacent to the midline of the upper arm.

## THE TYPES OF STITCHES/SUTURES

All sutures are placed below the skin and are dissolved by the body over the course of a few weeks. Nothing needs to be pulled out/removed by a nurse following your procedure. Often surgeons will seal the wound with tissue glue, to limit the risk of superficial wound infection – this glue peels off over 1-2weeks.

## ASYMMETRY

Most women have some form of minor breast asymmetry. One side may differ from the other in volume, position of the nipple or shape of the chest wall – this is completely normal and your surgeon will be able to assess how best to correct these variances during your procedure.

## AFTER CARE

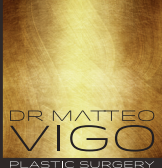
How you behave in the immediate weeks after your operation can significantly impact the results you are able to achieve, for example, wearing the correct supportive post-operative bra will support the breast position and protect the settling scars during the crucial initial healing stage. You must also ensure that you lie resting in a slightly elevated position to help reduce swelling, you must also try to not move yourself up the bed using your arms as this action moves the muscle on your chest and could potentially move the implants or cause bleeding. You should use your stomach muscles and bottom to move up the bed. Do not allow anyone to assist you up the bed by lifting you up from under the armpits.

An appointment will be made for 1 week after your surgery where your incision sites will be checked, cleaned and redressed and you will be given instructions on how to care for these areas for the remainder of your healing. A follow up appointment will also be arranged at 2 weeks, 1 month and then 3-6months time.

I advise patients should be able to return to their normal day-to-day activities after about two weeks – we would recommend one week off work with the option of two if you require, as swelling is greatest during this time and it is advisable to give wounds an appropriate time to heal. During this period, it is advisable to keep all physical activity to a minimum including visits to the gym, practicing aerobics, yoga or any other sports that involve using your arms.







# 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.

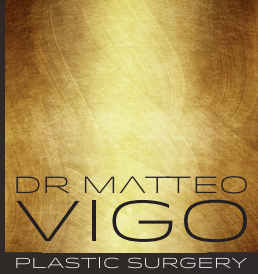
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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

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## Locations

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### **HEALTHBAY POLYCLINIC**

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