



DR MATTEO
VIGO

PLASTIC SURGERY

**GUIDE TO BREAST
REDUCTION SURGERY**



Breast reduction surgery, also known as reduction mammoplasty, is a procedure used to remove excess fat, tissue and skin from the breasts. If you have large breasts, you might choose to have breast reduction surgery to ease discomfort or to achieve a breast size proportionate to your body. Breast reduction surgery might also help improve your self-image and your ability to participate in physical activities. If you're considering breast reduction surgery, consult an experienced plastic surgeon. It's important to understand what breast reduction surgery entails - including possible risks and complications - as well as set realistic expectations.

BREAST REDUCTION SURGERY

Breast reduction surgery is meant for women who have large breasts and want to resolve issues such as:

- Chronic back, neck and shoulder pain that requires pain medications
- Chronic rash or skin irritation under the breasts
- Nerve pain
- Restricted activity
- Poor self-image related to large breasts
- Difficulty fitting into bras and clothing

Breast reduction surgery generally isn't recommended if you:

- Smoke
- Have certain conditions such as diabetes or heart problems
- Are very obese
- Want to avoid scars on your breasts

You can have breast reduction surgery at any age - sometimes even as a teenager. But if your breasts aren't yet fully developed, you might need a second surgery later in life. You might postpone breast reduction surgery if you have certain future plans, such as:

Childbirth. If you haven't started a family or your family isn't yet complete, you might wait until pregnancy isn't an issue. Breast-feeding might be challenging after breast reduction surgery - although certain surgical techniques can help preserve your ability to breast-feed.

Weight loss. If you are interested in losing weight by changing your diet and starting an exercise program, you might wait to decide if reduction mammoplasty is for you. Losing weight can often result in changes to your breast size.

WHO IS A GOOD CANDIDATE?

- Patients who want smaller breasts.
- Patients with extensive breast asymmetry.
- Healthy patients without breast cancer.
- Patients who possess realistic expectations.
- Patients who will tolerate breast scars.
- Patients who complain of chronic neck, shoulder and back pain from excessive breast size.
- Patients with large breasts who experience chronic skin irritation along their bra straps and under the breast folds.

BREAST REDUCTION SURGERY RISKS

Breast reduction surgery has the same risks as any other type of major surgery - bleeding, infection and an adverse reaction to the anesthesia. Other possible risks include:

- Bruising, which is usually temporary
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Difficulty or inability to breast-feed
- Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery to improve your appearance





HOW YOU PREPARE

Dr. Vigo will:

- Evaluate your medical history and overall health
- Discuss your expectations for breast size and appearance after the surgery
- Provide a detailed description of the procedure and its risks and benefits, including likely scarring and possible loss of sensation
- Examine and measure your breasts
- Take photographs of your breasts for your medical record
- Explain the type of anesthesia used during surgery

Before breast reduction surgery, you might also be asked to:

- Complete various lab tests
- Get a baseline mammogram
- Stop smoking for a certain period of time before and after surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements, to control bleeding during surgery

WHAT YOU CAN EXPECT

Breast reduction surgery is usually done under general anesthesia, either in a hospital or inpatient surgical facility. The specific technique used to reduce the size of your breasts can vary. The procedure might include:

- Surgery through incisions
- Liposuction to remove the excess fat in your breasts

Dr. Vigo will usually:

- Make an incision around the areola and down each breast
- Remove excess breast tissue, fat and skin to reduce the size of each breast
- Reshape the breast and repositions the nipple and areola

The nipple and areola:

- Usually remain attached to the breast
- Might need to be removed and then reattached at a higher position as a skin graft if your breasts are very large

Dr. Vigo will try to achieve symmetry between your breasts, but some variation in breast size and shape might occur. The size of the areola also might be reduced. Your incision scars might fade over time but will never completely disappear.

AFTER THE PROCEDURE

Your breasts will be covered with a gauze dressing or bandages. A tube might be placed under each arm to drain any excess blood or fluid. You likely will take medication for pain and antibiotics, to decrease your risk of infection.

For the first days or week after surgery:

- Your breasts will probably feel tender and sensitive
- Your breasts might be swollen and bruised
- Your surgeon might recommend an elastic compression bra to protect the breasts

You'll need to limit physical activity for two to four weeks while the breasts heal. Dr. Vigo might suggest avoiding underwire bras for a few months after surgery. Scarring usually fades over time. You will need a follow-up visit with Dr. Vigo to remove stitches and check your recovery.



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.

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PLASTIC SURGERY DUBAI

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To book a Plastic Surgery consultation with
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