



DR MATTEO  
**VIGO**

PLASTIC SURGERY

WHAT YOU  
NEED TO KNOW  
ABOUT **BREAST**  
**AUGMENTATION**



Breast augmentation, or augmentation mammoplasty, or is a surgical procedure that aims to increase the size, shape, or fullness of the breast.

Breast augmentation is done to:

- Enlarge breasts that are naturally small
- Restore breast size and shape after pregnancy, weight loss or breastfeeding
- Restore symmetry when the breasts are asymmetrical
- Restore the breast or breasts after surgery

### **LIFE AFTER BREAST AUGMENTATION**

Breast augmentation is a daycase procedure, typically performed using general anesthesia. You can expect to walk around on your own a few hours after surgery, and most patients feel up to leaving the house within the next day or two.

You may feel sore the first week or so, and you will need to limit strenuous exercise for about 2-4 weeks. Your cosmetic surgeon will also ask you to wear a supportive surgical bra or sports bra for a certain period of time after breast augmentation—it is crucial to follow your cosmetic surgeon's instructions to ensure you heal optimally.

If your breast implants are placed partially beneath the pectoral muscle—the preferred method in most cases—your breasts may seem to sit high on the chest at first. This is normal, and your implants will settle into their optimal position over the next several weeks, with final results after a couple of months.

### **BREAST AUGMENTATION**

Breast augmentation, sometimes referred to as a “boob job” by patients, involves using breast implants or fat transfer to increase the size of your breasts. This procedure can also restore breast volume lost after weight reduction or pregnancy, achieve a more rounded breast shape or improve natural breast size asymmetry.



### **WHAT BREAST AUGMENTATION SURGERY CAN DO**

- Increase fullness and projection of your breasts
- Improve balance of breast and hip contours
- Enhance your self-image and self-confidence

### **WHAT BREAST AUGMENTATION SURGERY CAN'T DO**

Breast augmentation does not correct severely drooping breasts. A breast lift may be required along with a breast augmentation for sagging breasts to look fuller and lifted.

Breast lifting can often be done at the same time as your augmentation or may require a separate operation. I will assist you in making this decision.

### **WHO IS A GOOD CANDIDATE FOR BREAST AUGMENTATION?**

Breast augmentation is a deeply personal procedure, and it's important that you're doing it for yourself and not for someone else, even if that person has offered to pay for it. Patient satisfaction is high, specifically when they want the procedure themselves.

You may be a candidate for breast augmentation if:

- You are physically healthy and you aren't pregnant or breastfeeding
- You have realistic expectations
- Your breasts are fully developed
- You are bothered by the feeling that your breasts are too small
- You are dissatisfied with your breasts losing shape and volume after pregnancy, weight loss or with aging
- You are unhappy with the upper part of your breast appearing "empty"
- Your breasts are asymmetrical
- One or both breasts failed to develop normally or have an elongated shape

### **WHAT TYPES OF BREAST IMPLANTS ARE AVAILABLE?**

Saline breast implants

Saline breast implants are filled with sterile salt water. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body. Saline breast implants provide a uniform shape, firmness and feel. I usually do not recommend the use of these implant

### Silicone breast implants

Silicone breast implants are filled with silicone gel. The gel feels a bit more like natural breast tissue. If the implant leaks, the gel may remain within the implant shell, or may escape into the breast implant pocket.

### Gummy bear breast implants

Form-stable implants are sometimes referred to as gummy bear breast implants because they maintain their shape even when the implant shell is broken.

The consistency of the silicone gel inside the implant is thicker than traditional silicone gel implants. These implants are also firmer than traditional implants.

Shaped gummy bear breast implants have more projection at the bottom and are tapered towards the top. If a shaped implant rotates, it may lead to an unusual appearance of the breast that requires a separate procedure to correct.

Placement of gummy bear implants requires a slightly longer incision in the skin.

### Round breast implants

Round breast implants have a tendency to make breasts appear fuller than form-stable implants. Higher profile options can achieve even more projection.

Because round implants are the same shape all over, there is less concern about them rotating out of place.

### Anatomical or tear drop shaped breast implants

These kind of implants are built with a particular shape in order to give a more natural effect filling more the lower pole and keeping the upper one very lightly filled. Different shapes and sizes are available to fulfill the desire of the patients.

### Smooth breast implants

Smooth breast implants are the softest feeling. They can move with the breast implant pocket, which may give more natural movement.

Smooth implants may have some palpable or visible rippling under the skin.



### Textured breast implants

Textured breast implants develop scar tissue to stick to the implant, making them less likely to move around inside of the breast and become repositioned.

Texturing offers some advantage in diminishing the risk of a tight scar capsule. Implant manufacturers occasionally introduce new styles and types of breast implants, so there may be additional options available.

Whether you choose saline or silicone implants, it is important for you to monitor your breast implants and follow-up with appropriate checkups.

### **HOW SHOULD I PREPARE FOR BREAST AUGMENTATION?**

In preparing for breast augmentation, you may be asked to:

- Get a blood test
- Get a breast ultrasound or mammogram (if above 40y old) to exclude any lump in the breast
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin and certain anti-inflammatory drugs as they can increase bleeding
- arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

### **WHAT SHOULD I EXPECT DURING MY BREAST AUGMENTATION RECOVERY?**

During your breast augmentation recovery, your breasts will be wrapped in gauze dressings and an elastic bandage or support bra will minimize swelling and support the breasts as they heal.

Immediately after surgery, you will be taken into a recovery area for close monitoring. You may be permitted to go home when you are stable for discharge, typically after 6 hours or so.

### **WHAT RESULTS SHOULD I EXPECT AFTER BREAST AUGMENTATION SURGERY?**

While a breast augmentation yields larger breasts right away, the final results may take a few weeks as the swelling subsides and the skin stretches. Some patients may need to wear a bandeau to help shape their breasts, especially if they have underlying asymmetry or very small breasts to start with. Incision lines may take several months to fade.



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 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



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PLASTIC SURGERY

## 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 us today.

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Locations

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Dubai

**BIOSCIENCE CLINIC**

Al Razi Building 64,  
Block B, Ground Floor

**HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai