

A woman with long, wavy brown hair is shown from the chest up, wearing a light pink lace-trimmed top. She is looking down and to the right, with her hands near her neck. The background is a plain, light-colored wall. A gold rectangular box is positioned at the top center of the image, containing the text 'DR MATTEO VIGO' and 'PLASTIC SURGERY' below it.

DR MATTEO  
VIGO

PLASTIC SURGERY

**BREAST IMPLANT  
SELECTION FOR  
ANY SHAPE & SIZE**



Breasts are arguably one of the most defining physical features of a woman, and their size can have both a physiological and psychological impact. A great-looking, proportionate pair of breasts can make one radiate self-confidence in both personal and professional environments. A most challenging decision to be considered for a breast reconstruction or augmentation is how much larger you'd like to go. Size will determine not only how your new breasts will look, but also how complementary they will be to the rest of your frame.

Here are some important factors to consider when choosing your breast implant size.

### **1. PATIENT BODY TYPE**

Each body type is different in the sizes of implants it can comfortably accommodate and look attractive with. You don't want to end up with breasts that appear too large or small relative to your frame. Discomfort and sagging can also occur if the implants are too heavy for the body to bear, sometimes requiring revision surgery.

The overall width of your chest, distance between each breast, and base width or circumference of your bust must be carefully considered when choosing an appropriate breast implant size. Skin thickness and firmness may also be a factor, as a heavier implant can contribute to a sagging appearance. A 200 cc (cubic centimeters, a measure of volume) implant may be just right for a woman with a slim body, but might barely be noticeable on a woman with a larger build, who might find a 350 cc or bigger breast implant more suitable.

Pre-existing breast asymmetry may be corrected by using implants of two different volumes and/or fat transfer.

## **2. BREAST PROFILE / SHAPE**

The implant's shape and projection has to match your body size and shape. A ROUND profile would look good on a small-bodied woman as it provides upper-pole perkiness/fullness and firmness, while a TEARDROP- or oval-shaped (also known as anatomical) profile might complement a woman with a bigger body by retaining lower-pole fullness and curvature.

Many women who receive breast reconstruction prefer a teardrop shape as it may better mimic the shape of their original breasts, while more mature patients or those who would like a breast lift (mastopexy) in conjunction with their augmentation may prefer a round shape for more upper-pole fullness, which lends a more youthful appearance.

## **3. PATIENT AGE / SKIN QUALITY**

Skin is suppler and tighter when you're younger, and can more easily be worked on to accommodate your desired implant size. Suppler skin will translate into a firm pair of breasts that can carry its own weight well and retain its shapely look. It also helps maintain a natural feel and appearance.

There must also be enough tissue coverage for the implants to ensure that your breasts are evenly shaped (symmetrical) and retain their natural feel. Placing a large implant into a woman with thin or lax breast tissue will result in the new breasts looking bloated or stretched.

Autologous (i.e. self-derived) fat grafts may be helpful for implant coverage, shape refinements, and precise, small-scale enhancements (such as boosting cleavage). When processed and filtered using a closed system, fat grafting for appropriate patients is an excellent option to use in conjunction with smaller implants.

## **4. PREGNANCY & BREASTFEEDING**

The female body can undergo some pronounced changes during pregnancy. Your breasts could grow as your pregnancy progresses, and/or also shrink after delivery and throughout the breastfeeding process.

Undergoing an implant procedure during or before pregnancy presents some drawbacks and should not be taken lightly as it can have a pronounced effect on breastfeeding. I recommend waiting until after all





pregnancies and breastfeeding periods are completed to decide on size and receive a breast augmentation. This will help you avoid the need for more surgery after delivery/breastfeeding to make your breasts look as they did before.

The placement of your implants, coupled with your desired implant size and the amount of breast tissue you personally have will determine how much of an impact the procedure will have on your ability to breastfeed. If you may wish to become pregnant and/or breastfeed, you should discuss this with me so that we can both determine the required breast implant size and surgical techniques early on.

#### **OTHER TIPS FOR DETERMINING YOUR IMPLANT SIZE**

There are multiple factors that go into determining the best implant size for you. Breast measurements, desired size, characteristics of your breast, tissue and chest wall are all critical in making the right selection.

Breast implants are measured in cubic centimetres. That's why you'll typically see CC when labeling size, like 350CC. Breast implants come in a whole range of sizes, from about 80CC up to 800CC. Obviously, the higher the number, the bigger the breast implant size. The width of the base also varies, from 7.4cm to 17.2cm.

#### **DON'T MEASURE YOUR BREAST SIZE BY YOUR BRA**

Bra cup size is not an accurate way to measure breast size. It is imprecise, because bra sizing standards vary from manufacturer to manufacturer and even country to country. Despite being labeled the same cup size, the actual volume may be different. That's why it's best if you bring in the exact bra you want to wear after your surgery to your sizing session.

#### **HOW I HELP DETERMINE A PROPORTIONATE IMPLANT SIZE**

From a medical standpoint, it's important that I also consider your specific body measurements when deciding on what size is right for you. An overly large implant can cause complications, both right after surgery and a few years down the road. Such complications include separation of incision lines and excessive sagging. However, I also understand that an overly small implant won't improve your body contour sufficiently.

Measurements, like your shoulder width, height and ribcage width is used to determine a range of implant sizes that would achieve proportionate improvement as well as reduce your risk of complications.



## **FACTORS THAT YOU SHOULD CONSIDER WHEN CHOOSING BREAST IMPLANT MEASUREMENTS**

There are multiple factors that come into play when selecting the right implant size. If you don't carefully pre-plan, you could run into situations in life that would adversely affect you and your new implants. You should take into consideration the following when selecting your implant size:

### **FITNESS AND EXERCISE**

Do you like to exercise regularly? If so, perhaps it's best to stay conscious of the fact that breasts over a certain size can make some physical activities more difficult or cumbersome, such as running and tennis.

### **YOUR PERSONALITY**

Are you the type of person that likes to attract attention, or are you more quiet and reserved? The larger the implants, the more attention you could attract. You may want to opt for a slight increase in size, just enough to balance out your body contour for a more natural look.

### **BE TRUE TO YOURSELF**

You shouldn't base your decision on breast size based on an actress that you saw on the internet. They are not you. You should select a size that accurately reflects your own personality and lifestyle. Don't base your chosen size on how your girlfriend looks, either. Her body is different and the breast size she has may not look very flattering on your body.

### **COMMUNICATE EFFECTIVELY WITH YOUR DOCTOR**

A breast implant consultation is a two-way street. You need to express your expectations and it's my job to understand them so I can help you achieve them. If you feel that your concerns are not being addressed, don't be afraid to ask for more clarification or explain your situation further. I'm here for you!



## KNOW WHAT YOU WANT

You should not agree to undergo the surgery until you're confident that you'll like your new look and size. If you have any doubts prior to your surgery, talk to me about them! We can also schedule another in-clinic implant sizer session.

As you can see, there are many factors that you need to take into consideration when selecting your implant size. You shouldn't choose a size because it looks good on a friend or celebrity. You should select a size that is right for you. The process is personal and while you should take your doctors suggestions into consideration, you have the final say in the size you select.

## WITH MOTIVA®, BREAST IMPLANT SELECTION FOR ANY SHAPE & SIZE HAS NEVER BEEN EASIER

Unsure of the difference between 300cc and 400cc? Want a natural result? Wondering how you will look after surgery? Want to look like a specific celebrity? Discover your new you with Motiva® sizers.

Motiva Implants® and accompanying consultation tools offer the most comprehensive range of implant types to suit women with a variety of body types. While basic tools to help select the right implant type, size, and shape have included samples or rice bags, Motiva® provides more advanced, proprietary tools that allow patients to more accurately visualize potential breast enhancement results - and thus, make the most appropriate implant choice.



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 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



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

# BREAST AUGMENTATION DUBAI

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Dr Vigo, please contact us today.

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Umm Al Sheif  
Dubai

**ESTELAZA CLINIC**

Silicon Oasis, Nibras Oasis 2  
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