



DR MATTEO  
**VIGO**

PLASTIC SURGERY

**BREAST ENLARGEMENT  
SURGERY: KNOW YOUR  
OPTIONS**



#### WHAT IS BREAST ENLARGEMENT SURGERY?

It's an operation to make your breasts larger by fat transfer or by inserting an implant - made of either silicone or saline - under your breast tissue or your chest muscles. It can also be done to correct different-sized breasts or to change their shape. You might be considering breast enlargement surgery because:

- You feel your breasts are too small or out of proportion with the rest of your body
- Your breasts are different sizes
- Your breasts have drooped or changed after pregnancy, weight loss or with age
- How you feel about your breasts is affecting your confidence

#### FAT TRANSFER BREAST AUGMENTATION

Fat transfer breast augmentation, or a 'natural breast augmentation', or 'fat transfer to breast', is a surgical procedure designed to increase the volume of the breast using fat grafting techniques. This eliminates the need for foreign implant materials such as breast implants and enables more natural-looking outcomes.



Fat transfer breast augmentation benefits from the use of liposuction to harvest the fat to be transferred and injected to the breast, allowing your surgeon to remove unwanted fat from stubborn areas anywhere in the body as part of this procedure. Infection rates are also significantly reduced as the need for a foreign implant is eliminated, and the procedure completely natural and organic. Fat is also injected into the breast meaning scarring is minimal.

Women turn to fat transfer breast augmentation after experiencing a loss of volume in their breasts. This can happen for a number of reasons. As women age, their bodies produce less and less oestrogen as they approach the menopause. This drop in hormone levels causes the breasts to shrink in size and the breast tissue to lose its elasticity. This leads to a loss of volume and sagging.

Breastfeeding can also have an impact on the size, shape and position of the breasts. When breasts produce milk, they become heavier and denser. Once a woman has completed her breastfeeding journey, the breast tissue may shift, resulting in changes to the breast. This varies from woman to woman. Often a woman will revert back to her pre-breastfeeding cup size, but sometimes her breasts will shrink to a smaller size.

Weight loss can also have a huge impact on breast size. Any amount of weight loss can cause a loss of volume in the breasts. It varies from person to person as it depends on how much fat the individual naturally stores around the breast area. A significant amount of weight loss will lead to saggy skin in different places all over the body, including the breasts.



If you have experienced a loss of breast volume due to one or more of the reasons above, then you may wish to consider natural breast augmentation.

#### WHAT BREAST ENLARGMENT 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 ENLARGMENT 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 ENLARGMENT?

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.

##### Structured saline breast implants

Structured implants are filled with sterile salt water, and contain an inner structure which aims to make the implant feel more natural.

##### 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.

##### 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 check ups.

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

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

- Get a blood test
- Get a breast check up (ultrasound and/ or mammogram depending on the age of the patient)
- 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 an hour 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.



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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BREAST  
ENLARGEMENT  
DUBAI

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