



DR MATTEO
VIGO

PLASTIC SURGERY

**NEW YEAR, NEW YOU:
FACIAL REJUVENATION**



The New Year is the perfect time for a “new” you!

The spirit of rejuvenation is in the air, so why not rejuvenate yourself?

While it is inevitable that we all age, an excellent start to looking after your skin and protect against ageing is medical grade skin care. These products contain active ingredients to counteract the effects of ageing such as dry or rough skin, fine lines or uneven pigmentation and to exfoliate the surface layer of skin and stimulate new collagen.

Preventing sun damage by protecting your skin from the sun and not smoking also go a long way in keeping wrinkles at bay for as long as possible. Applying vitamin C serum helps get even more protection from your sunscreen. Facial peels are a stronger exfoliative treatment that also improve the texture and tone of your skin and reduce uneven pigmentation and fine lines. Preventing sun damage by protecting your skin from the sun and not smoking also go a long way in keeping wrinkles at bay for as long as possible. Applying vitamin C serum helps get even more protection from your sunscreen. Facial peels are a stronger exfoliative treatment that also improve the texture and tone of your skin and reduce uneven pigmentation and fine lines.

Wrinkle relaxing injections and dermal fillers are usually the next step for people and really can make a difference without the downtime of surgery. Of course all of these treatments can be used in sequence and in combination with each other so a very bespoke treatment plan can be developed.

There is a limit to how much effect non-surgical facial treatments can have when it comes to tightening loose skin or treating deep wrinkles.

SURGICAL FACIAL TREATMENTS

Facial ageing is not just the development of looser skin and wrinkles, we also have changes in the underlying supporting structures and a gradual descent of facial tissues to a lower position. For some, the decision to have surgery is then reached. What surgery can achieve is more effective tightening of the skin and underlying support layer and repositioning of the facial tissues back up to a more youthful position. There are many different surgical procedures available and more and more refinements are being developed all the time.

Some examples include blepharoplasty or eyelid lifts, which remove the excess loose skin that creases around the eyelids (upper, lower or both). This can really open up and brighten the appearance of the eyes. Browlifts restore the original position of eyebrows that have drifted downwards over the years and also help relieve the tired, heavy look that is so disliked by refreshing the appearance of the whole eye area.

The facelift itself repositions and tightens skin and supporting tissue along the jawline, cheeks and depending on the extent of lift, the neck as well. The type of facelift chosen depends very much on level of the effect desired and areas to be treated. All types of lift can achieve very natural appearances while still significantly improving facial appearances.

In short, there are numerous ways to improve and rejuvenate the face as a whole. A bespoke treatment plan can be created, tailored to your individual situation.



A natural-looking, rejuvenated appearance is made possible by skill and experience. To help in your decision-making process, this guide covers a range of facial cosmetic surgery procedures. I possess significant experience in all areas of aesthetic plastic surgery including facial cosmetic surgery, cosmetic breast surgery, and body contouring procedures:

EYELID SURGERY (UPPER LID BLEPHAROPLASTY)

This procedure is aimed at removing excess skin and fat in the upper eyelids. It typically is done under local anesthesia combined with conscious sedation (“twilight sleep”) and has one of the most rapid recoveries of any facial plastic surgery procedure. The entire procedure takes approximately 45 minutes to an hour and the pain is minimal in most cases. Some minor swelling and bruising may last a few days, and most patients are completely recovered after a week. These procedures may be combined with brow lifts to achieve the best effect.

EYELID SURGERY (LOWER LID BLEPHAROPLASTY)

This procedure addresses the puffiness of excess fat and the wrinkling of excess skin in the lower eyelids. For those patients with excess fat and little or no excess skin, the procedure can be performed by making the incision inside the eyelid (transconjunctival), avoiding a scar on the skin. For those patients with excess skin and fat, an incision is made just below the eyelashes, where it can be well hidden. I will use an endoscope (a pencil-like camera device) inserted through a different incision, where the forehead skin is lifted and the muscles and underlying tissues are removed or altered to produce a smoother appearance.

BROW LIFT

Also called a forehead lift, this procedure corrects a low-positioned or sagging brow, smooths furrows across the forehead and between the brows, and helps restore a more youthful appearance

A forehead lift can be done in a number of ways. The conventional “open” method involves making one continuous incision starting at ear level and moving up around the hairline. The incision is usually made well behind the hairline to hide the scar. I offer innovations in forehead lift procedures including the use of smaller incisions and endoscopic technology to both elevate the eyebrows and reduce frown lines.





With the endoscopic lift, instead of making one long incision, I will make about three to five shorter incisions in the scalp, where an endoscope (pencil-like camera device) is inserted into one of the incisions. This will allow me to view the tissues and muscles from a screen and perform the procedure in a minimally invasive way.

NECK LIFT

A neck lift offers a smoother and more toned appearance to skin under the chin and neck areas. Newer, less invasive procedures offer shorter operative times, quicker recoveries and can result in significant improvement in the neckline without requiring the extensive surgical dissection of a traditional face lift. Neck lift surgery can be performed in a variety of ways. Typically, an incision is made in front of and behind the ear. The edge of the sagging neck muscles is identified and pulled up and secured. The resulting excess skin is removed behind the ear hiding the incision.

FACE LIFT (RHYTIDECTOMY)

In the early days of cosmetic surgery, face lifts consisted of skin tightening only. Most modern face lift techniques today consist of tightening both the skin and the tissue beneath the skin in the cheek and the neck. There are many techniques. No matter the technique, however, the principle is the same: tightening of the deeper structures allows less tension to be put on the skin, which may lead to a longer term result.

With most face lift procedures, a drainage tube is inserted during surgery. This will be removed a day or two after surgery. All sutures are usually removed within five to 10 days following surgery. Surgeons generally recommend that patients avoid vigorous activity and arrange for post-surgery support from family and friends.

Recovery usually takes two to three weeks, though many patients go back to work in two weeks. Scars are well concealed in natural skin creases and along the hair-line or, if necessary, by makeup until total healing has occurred. Bear in mind that the aging process continues after surgery and that some relaxation of tissues will occur in the first few weeks.

EAR RESHAPING (OTOPLASTY)

Cosmetic ear surgery can improve the shape, position or proportion of the ear. It can correct a defect that is present from birth, an ear shape that becomes more noticeable with development or misshapen ears caused by injury. The ear is a complex composite structure of skin, cartilage and even small muscles organized into a defined 3-d shape. Abnormalities in any of these components can result in a noticeable change in the shape of the ear. Careful analysis of the nature of the abnormality is probably the most important step in performing any re-modelling procedure.

Once a defined pre-operative plan is formulated, the procedure consists of altering the ear cartilage by suture and scoring (cartilage cutting) techniques.

RENUVION

Renuvion is a revolutionary minimally invasive procedure that uses cold plasma energy on the underside of the skin to instantly tighten and rejuvenate anywhere on the face and body. A unique alternative to traditional facelifts, tummy tucks, and body sculpting, the Renuvion procedure will shrink and sculpt loose and lax skin without large incisions, downtime or complications of cosmetic surgery.

Renuvion applies radiofrequency energy and helium plasma causing controlled coagulation and therefore contraction of soft tissue below the skin, quickly and gently, as part of a minimally invasive procedure.

Renuvion for the face uses cold plasma energy under the skin to lift, tighten and rejuvenate the face and neck giving you natural-looking results with minimal downtime and no complications of a traditional facelift. Renuvion is unique because the cold plasma energy applied under the skin creates instant skin contraction resulting in improved laxity, tightening and shrinkage.



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.

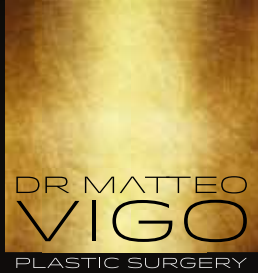
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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

Click [here](#) to learn more about
[Plastic Surgery Dubai](#).

To book a consultation with
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