

e proud of.  
ope you have  
over again.

gerald

DR MATTEO  
**VIGO**

PLASTIC SURGERY



ACHIEVE YOUR  
PRE-PREGNANCY  
FIGURE WITH A  
MUMMY MAKEOVER



A 'Mummy Makeover' is a term used to include a mix of systems that a patient might go through post pregnancy to reestablish and restore the body. The female body goes through many changes during pregnancy and breastfeeding and for certain ladies, these progressions can prompt low confidence and increased anxiety.

Following some serious time pregnancy and breastfeeding, you might be longing for reestablishing your body to the shape it had before you chosen to have kids. Fortunately, current restorative careful strategies have made it workable for us to further develop normal pain points and assist ladies with turning out to be more certain about their appearance after parenthood.

During pregnancy and after the birth, a mother's body will normally be put under a ton of strain, and, surprisingly, the most fit and solid lady can encounter undesirable changes to their appearance. The sparkle of parenthood and the joy of bringing up a kid can be touched with a smidgen of bitterness, as a lady might find she is less sure with her appearance.

A portion of the progressions a woman might encounter are a direct result of hormonal changes, which can prompt expanded hunger and weight gain. When the child is conceived, a lady might find that her body clutches the overabundance fat acquired while pregnant as well as the overabundance skin brought about by the extending of the stomach wall. This can leave the stomach feeling delicate and without muscle definition. While some free skin will recover its versatility, numerous ladies battle to get back their pre-pregnancy shape, particularly when they have another child assumes need over weight reduction.

A 'mummy makeover' is a mix of medical procedures including the bosom, midsection, midriff, hips and thighs intended to reestablish the body to its unique forms and appearance preceding childbearing. The strategies commonly involved are a bosom expansion and bosom lift, a stomach fold and liposuction. These can be joined into a solitary surgery.

One justification for its fame is that the mom makeover has no set parts; every system is exceptionally customized to fit the singular patient's special necessities. Nonetheless, the careful methodology by and large beginnings with a bosom and midsection shaping technique, then, at that point, adding extra components on a case by case basis.

As the bosoms and midsection are the essential areas of progress with parenthood, a mama makeover will frequently revolve around a bosom and mid-region methodology. During pregnancy and bosom taking care of, the bosoms will likewise broaden, expanding however much a full cup size or more. Be that as it may, getting once again to 'typical' can mean a critical misfortune in bosom volume and recognizable listing. All through a pregnancy, the abs, skin and tissues stretch to oblige the developing child securely. Tragically, after labor, these layers may not return to their rigid, pre-child shape.

Your mummy makeover might include:

- Breast Augmentation
- Breast Lift
- Breast Reduction
- Tummy Tuck
- Liposuction

Breast inserts can reestablish completion and lost volume, while a bosom lift assists with lifting listing skin for further developing shape. The present bosom increase is more secure and more successful than any time in recent memory. For those with excessively large, awkward bosoms, a breast decrease a medical procedure can make a more modest, more ideal appearance.





To additionally work on the figure, generally added methods can incorporate the abdominoplasty (otherwise called a belly fold, a circumferential abdominoplasty and liposuction. Nonetheless, ladies don't need to stop here; a mama makeover can likewise incorporate a thigh lift, arm lift or a Brazilian butt lift. Contingent upon the suggested set of strategies, a mama makeover can be performed during one single activity, or for wellbeing reasons, might be fanned out over various careful meetings.

Joining different medical procedures into one methodology can make recuperation time longer when contrasted with a solitary medical procedure. This recuperation time is still a lot more limited than recuperating from every individual medical procedure independently.

The more obtrusive the medical procedure is the additional time is expected for mending. How much time it will take to recuperate will fluctuate from one patient to another and what treatments were included for their makeover.



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

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.

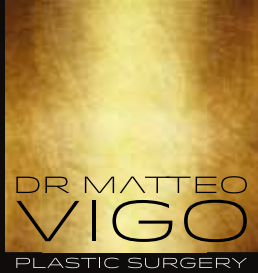
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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  
Dr Vigo, please contact us today.

EMAIL  
[booking@matteovigo.com](mailto:booking@matteovigo.com)

Telephone & Whatsapp  
+971 56 282 5825

Locations

**AMWAJ POLYCLINIC**

Building P11  
Jumeirah Beach Residence  
Dubai

**HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai

**ESTELAZA CLINIC**

Silicon Oasis, Nibras Oasis 2  
Dubai