



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

WHAT IS **ABDOMINAL  
RESHAPING?**



An unattractive abdomen can result from Caesarean sections, surgical scars, stretch marks, and extra skin after pregnancy or weight reduction. Back pain, the feeling of abdominal weakness, and an abdominal bulge known as a hernia can all result from weak abdominal wall muscles or rectus abdominis (6-pack) muscular divarication. To improve the outcomes of surgery to address these issues, liposuction may be added, as well as a buttock lift for a circumferential alteration (body lift) that also benefits the thighs and buttocks.

There are a number of non-surgical procedures that can be utilised to reduce fat in a modest way. The most popular procedure is cryolipolysis, however it typically takes several sessions to see any apparent results and has little impact on extra skin. Abdominoplasty is one of the most popular plastic surgery procedures (tummy tuck). There are various types, but they all work to reduce extra skin and tighten the abdominal muscles to enhance a person's waist and abdomen shape. Hernias and abnormal bulges are removed together.

The procedure leaves a scar in the lower stomach that is typically disguised by undergarments. A variation of the abdominoplasty procedure known as the "Fleur de Lis" removes extra tissue above the navel and is an option in cases of extreme weight loss or in circumstances when a central scar already exists.



### **ANATOMY OF THE ABDOMEN**

The skin, fat, and muscle that make up the abdominal wall. The rectus fascia, a thick sheath, protects the rectus abdominis muscles, which together make up the “six pack” of muscles on the abdomen. Pregnancy and weight gain typically cause this fascial layer to weaken and stretch out. As a result, a patient may develop abdominal wall laxity after losing weight or having children. The excess skin and fat are removed during surgery, and the fascial layer covering the rectus abdominis muscles is tightened.

### **SURGERY STEPS**

A horizontal incision is made within the bikini line in the lower abdomen to execute the abdominoplasty operation. The incision can be done in the same spot and expanded to the sides in patients who have already had a C-section. The abdominal rectus abdominis muscles are toned, and extra skin and fat are removed and redraped. The umbilicus, or navel, must typically be repositioned during an abdominoplasty procedure through a second incision. The “mini” abdominoplasty treatment does not include moving the navel; instead, it tightens the lower abdominal muscles while also removing fat and skin from the area. Since the resulting scar is often low on the belly, it can be hidden by the majority of bathing suits and apparel.

### **ADDITIONAL PROCEDURES**

To shape the flanks, liposuction is occasionally used with tummy tuck surgery. Some patients want to have simultaneous breast lift and volume augmentation procedures. A “mommy makeover” procedure is the name for the combination of a stomach tuck and breast augmentation or lift surgery. Additional operations require more anaesthetic, surgery, and operating room time.

### **SURGERY AND ANESTHESIA**

The surgery lasts 1 1/2 -2 hours, and is performed under general anesthesia. Many patients worry about the risk of general anesthesia, but it is very safe and it assures that you will be completely comfortable during surgery. Prior to surgery you will be required to obtain medical photographs, routine bloodwork, and in some cases preoperative clearance. The evening prior to surgery, you should not eat or drink anything after midnight. This ensures that you will have an empty stomach prior to surgery, which is very important for your anesthesiologist to



care for you safely. You will need to have a responsible adult available to escort you home after surgery.

#### **RECOVERY**

Following surgery, you will awaken in the recovery area. Once you are fully alert, you will be transported to the stepdown area where you will be given something to eat prior to discharge. You will have two drains and a surgical garment placed at the conclusion of the procedure. The nurses in the recovery area will demonstrate how to empty and record the output from your drains. A responsible adult will need to be available to escort you home.

Patients are seen in the office one week following surgery. At that time your drains will be removed and you will be placed into a surgical garment. Most sutures placed will dissolve on their own.

Walking is permitted the day after surgery, but strenuous activity and heavy lifting are limited until six weeks following surgery. Most patients do not complain of severe pain following this surgery, but note that the abdomen feels "tight", as if they have performed many sit-ups. Pain medication is prescribed for any discomfort. Swelling will be present for the initial 2-3 months after surgery, and the final results are typically seen 3-6 months after surgery. The scar will continue to fade and soften for up to one year following surgery, although it will never completely disappear.

#### **WHAT A TUMMY TUCK CANNOT DO**

A tummy tuck is not a substitute for weight loss or exercise. If you have ongoing weight loss, or are planning to become pregnant, you should delay your surgery. A tummy tuck cannot correct stretch marks, but it will remove the skin beneath the umbilicus. Stretch marks above this level sometimes appear lighter after surgery, but they will not disappear.



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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



# ABDOMINOPLASTY DUBAI

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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