



DR MATTEO
VIGO
PLASTIC SURGERY

WHICH **BREAST IMPLANT**
IS BEST FOR ME?



One of a woman's most distinctive physical traits, the size of her breasts can affect her both physically and mentally. One can exude confidence in both personal and professional settings if they have attractive, proportionate breasts. How much larger you want to go is a very difficult decision to make when considering a breast repair or augmentation. Your new breasts' size will determine how they seem and how well-balanced they are with the rest of your body. When selecting breast implants, keep the following things in mind:

PATIENT BODY TYPE

The sizes of implants that each body type may comfortably wear and still look good with vary. You don't want your breasts to look excessively big or tiny for your physique. If the implants are too hefty for the body to support, discomfort and sagging may also develop, sometimes necessitating revision surgery.

When selecting an acceptable breast implant size, it is important to carefully analyse your chest's overall breadth, the distance between each breast, and the base width or circumference of your bust. Skin firmness and thickness may also be important, since a thicker implant may make the skin appear drooping.

BREAST PROFILE & SHAPE

The size, shape, and projection of the implant must match those of your body. A teardrop- or oval-shaped (also known as anatomical) profile might compliment a woman with a larger frame by maintaining lower-pole fullness and curvature, whilst a round profile would look well on a small-bodied woman as it provides upper-pole perkiness/fullness and firmness. While more mature patients or those who would like a breast lift (mastopexy) in addition to their augmentation may prefer a round shape for more upper-pole fullness, which lends a more youthful appearance, many women who receive breast reconstruction prefer a teardrop shape because it may better mimic the shape of their original breasts.

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.

PREGNANCY & BREASTFEEDING

During pregnancy, the female body might experience several noticeable changes. Your breasts may enlarge throughout your pregnancy and/or contract after delivery and while you are nursing. It can have a significant impact on nursing, thus having an implant operation during or before pregnancy has some risks and should not be taken lightly. I advise delaying any size decisions and breast augmentations until all pregnancies and nursing cycles have ended. This will assist you in avoiding the requirement for additional surgery to restore the appearance of your breasts after giving birth or breastfeeding.

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

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

Uncertain of the distinction between a 400cc and a 300cc? Desire a natural outcome? Concerned about your post-surgery appearance? Want to resemble a certain celebrity? Motiva sizers might help you discover your new self.

The most extensive selection of implant kinds to suit women with different body shapes is provided by Motiva Implants and its companion consultation tools. While samples or rice bags have been used as basic selection aids for implant type, size, and shape, Motiva offers more sophisticated, patented tools that enable patients to more properly perceive prospective breast enhancement results and, as a result, make the best implant decision.





A BRIEF NOTE FROM DR MATTEO VIGO



"We commend Dr Vigo for his focus on the needs of patients. His state-of-the-art service is personalized from start to finish"

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



BREAST AUGMENTATION DUBAI

To book a consultation with Dr Vigo, please contact us today.

EMAIL
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