



DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST
RECONSTRUCTION
AFTER MASTECTOMY**



Breast reconstruction is a surgical procedure that creates a replacement breast after a breast or a portion of a breast has been removed. The goal is to create a breast that is comparable to your natural breast in size and form. However, they won't be the same.

TYPES OF RECONSTRUCTION

The main ways of making a new breast include:

- implants to replace all or some of your breast tissue
- using tissue taken from another part of your body (autologous fat grafting or "flap" reconstruction)
- using your own tissue and an implant

Dr. Vigo will talk to you about the different types of reconstruction. They may not all be suitable for you. They aim to match your other breast as much as possible. Dr. Vigo can also show you pictures of different types of breast reconstruction. You can see how the reconstruction looks straight after surgery and several months later.

After reconstruction surgery you might consider more surgery to:

- create a new nipple (a nipple reconstruction)
- change the shape of your other breast to match

WHEN TO HAVE BREAST RECONSTRUCTION

Breast reconstruction can be done:

- at the same time as the cancer surgery (immediate reconstruction)
- after your cancer surgery (delayed reconstruction)

When discussing reconstruction options with you, Dr. Vigo will consider:

- the type and stage of your cancer
- other treatments that you might need
- your feelings and preferences

IMMEDIATE BREAST RECONSTRUCTION

You immediately receive a new breast following an instant reconstruction. While Dr. Vigo will make every effort to match the reconstructed breast to your other breast, it won't be an identical match. The replacement breast will appear and feel different from the removed one. However, some women discover that having their breasts immediately rebuilt makes it easier for them to deal with their emotions.

Advantages

- You will have your new reconstructed breast when you wake up after your mastectomy or breast conserving surgery.
- You usually have fewer operations, so fewer anaesthetics.

There won't be as much scarring on the breast that was rebuilt; however, there may be a tiny patch of scarred skin where your nipple once was.

Disadvantages

- You might not have as much time to decide on the type of reconstruction you want.
- If you are having radiotherapy after surgery, it might change how the reconstruction looks.
- Dr. Vigo might advise you not to have implant reconstruction if you are having radiotherapy afterwards. But you can have a temporary implant during radiotherapy and a second reconstruction operation after the radiotherapy.
- Recovery time after surgery is longer with a reconstruction compared to having a mastectomy only.
- You may have more scars on your body, this depends on the type of reconstruction you have.





It's probable that you'll require additional surgery; this is typically minor surgery to achieve the best cosmetic result, and it might involve developing a new nipple. Complications following surgery may cause you to postpone receiving any necessary radiotherapy or chemotherapy. Radiotherapy and chemotherapy occasionally prevent the body from healing itself as effectively. Therefore, you won't be able to begin these treatments until the wounds have healed if there are any issues with the wound following your operation.

DELAYED BREAST RECONSTRUCTION

Before considering having a reconstruction, some people would prefer to recover from their mastectomy and breast cancer therapy.

Advantages

- You have more time to look at your options and discuss them with Dr. Vigo.
- Your breast cancer treatment will be finished and won't be affected by your reconstruction surgery.
- Your recovery is generally quicker as you have time to prepare yourself for your surgery.

Disadvantages

- You have a time after the mastectomy with no breast tissue, you can choose to wear a false breast (prosthesis) if you want to.
- You might have a larger scar on the reconstructed breast than after immediate reconstruction.
- You may need more surgery afterwards to get a good cosmetic effect - this is usually minor surgery that you may have as a day case.

WHO CAN HAVE BREAST RECONSTRUCTION

Breast reconstruction might be possible for you even if you have:

- a radical mastectomy (removal of the breast and the muscle behind it)
- a skin or nipple sparing mastectomy (when the nipple is preserved)
- a quadrantectomy (removal of part of the breast)
- a lumpectomy (removal of the lump only)
- radiotherapy
- large breasts

If you are well enough you can have breast reconstruction at any age. There is a higher risk of complications if you smoke, are very overweight, or have other serious medical conditions.

RECONSTRUCTION AFTER BREAST CONSERVING SURGERY

Breast conserving surgery removes only part of the breast. After this kind of surgery and subsequent radiotherapy, the appearance of the breast is typically very excellent. When only a portion of a woman's breast is taken, few of them require reconstructive surgery. But some women might require repair of the breast tissue that is still present. A partial surgery or breast reshaping might be an option.

HAVING A PARTIAL RECONSTRUCTION

Some women will require a quadrantectomy, for example, which involves removing a bigger portion of breast tissue. This indicates that roughly a fourth of the breast tissue is removed by Dr. Vigo. This kind of surgery results in the treated breast becoming smaller than the untreated breast and creates a dent in the breast. Nevertheless, by filling the dent with a small portion of living tissue, it is occasionally feasible to restore the shape with a partial reconstruction of the breast.

RESHAPING THE BREAST

If you need a portion of your breast removed and you have fairly large breasts, reshaping might be a possibility. Therapeutic mammoplasty is the term used. To make a smaller breast, Dr. Vigo reshapes the leftover breast tissue. You can have surgery to reduce the size of your other breast (breast reduction) concurrently with your cosmetic procedure to make them equal in size. Alternately, you could decide to consume this afterward.

HELPING YOURSELF BEFORE BREAST RECONSTRUCTION

If you take the following steps before your surgery, you will heal more rapidly after reconstruction surgery.

Stop smoking

Smoking can harm tissue blood flow. Additionally, it may make you more likely to contract an illness. Smoking raises the possibility of developing a hernia if tissue from the abdomen is removed.

Maintain a healthy weight

If you are overweight, you run a higher risk of experiencing problems from an anaesthetic. If you would like to reduce weight before the procedure, request a referral to a dietitian.

Keep physically active

It can be useful to do sit ups if tissue is going to be taken from your tummy (abdomen). You could aim to build up to 30 sit ups a day. Talk to your doctor or specialist nurse before starting any exercise.

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

Often regarded as the Best Plastic Surgeon in Dubai, Dr. Matteo Vigo graduated in Milan in 2004 and started his residency period in the Plastic Surgery and Burn Unit in Verona in 2005.

He worked in the Breast Unit where he developed his skills in breast reconstructive and aesthetic surgery together with the full spectrum of plastic surgery procedure. His Speciality degree was achieved with a work on *“Total Breast reconstruction with Fat in patient with breast implants”* with the votation fo 70/70 cum laude in 2009.

He started then working in the Aesthetic Surgery field, developing great experience in breast surgery, liposuction and body contouring techniques. He has been the main trainer for all Europe and Middle East for Celution and Pure Graft systems by Cytori, lecturing in different important congresses around the world. He started working in Dubai in 2012 and he has been Chief of Surgery and Chief Medical Officer at American Academy of Cosmetic Surgery Hospital until march 2017.

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SPECIALIZED IN PLASTIC, AESTHETIC AND RECONSTRUCTIVE SURGERY

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MEMBER OF ISAPS (INTERNATIONAL SOCIETY OF AESTHETIC PLASTIC SURGERY)

MEMBER OF SENATURK (TURKISH SOCIETY OF BREAST SURGERY)

LECTURER IN BREAST SURGICAL TECHNIQUES IN EUROPE

AUTHOR OF DIFFERENT INTERNATIONAL PUBLICATIONS



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