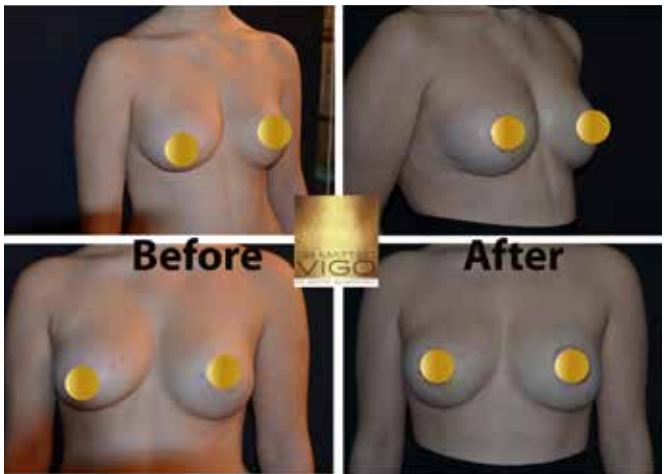




DR MATTEO
VIGO

PLASTIC SURGERY

**CORRECTING BREAST
ASYMMETRY**



The majority of women have a bigger breast than the other, but in some cases the difference is more noticeable. Breast asymmetry, or extremely uneven breasts, can make you feel miserable and self-conscious. When choosing clothing, women with an uneven contour frequently go to great measures to cover up the difference, actively avoiding pretty bras and swimwear.

Breast asymmetry surgery, which entails the reduction or enlargement of one breast to achieve a more even balance, is a long-term answer to the issue of uneven breasts. The outcomes are transformative for many women, allowing them to dress in ways that highlight rather than conceal their shapes.

BREAST ASYMMETRY CORRECTION

When one breast is bigger or has a distinct shape from the other, it is said to have breast asymmetry. Small amounts of asymmetry are typical. The majority of reasons are not serious, may be congenital, and frequently have no bearing. However, significant asymmetries frequently support remedial surgery. There are two primary methods for imbalance correction. The lesser breast can undergo breast augmentation surgery to enlarge its tissue and make it comparable to the other. Different-sized implants can be used to augment both sides if an increase in both size is sought.

The other option is to use expander augmentation. Expander enhancement is a secure procedure frequently used by women with asymmetrical breasts to enlarge the smaller breast. The expander is typically left in position for around a year before a second procedure is carried out to remove it and swap it out for a permanent silicone implant. The benefit of this technique is that it frequently results in a precise size match between your two breasts.

Many women elect to have the saline expander changed because the silicone implant that takes its place feels softer and more natural. Alternatively, the expander can be left in place serving as a permanent implant with the valve removed, negating the need for a replacement.

An option would be to have the larger of the two breasts reduced to match the smaller breast. The extra breast flesh must be removed in

order to do this. Breasts that are more similar in size are the outcome of either procedure.

Not only has correcting breast asymmetry aided women in looking better, but it can also enhance confidence and self-esteem. They are frequently done after cancer therapy or a mammogram. Scoliosis patients have also undergone surgery to correct their breast inequality. During your initial appointment, your surgeon will go over the options for correcting breast asymmetry with you. This and other problems will be discussed.

OPTING FOR PLASTIC SURGERY

Surgery to correct breast inequality is not always the best option. It's a very private choice that, in the end, only you can make. Dr. Vigo is available to give you the details you require to better comprehend the process and the potential outcomes. You need to go into this with realistic goals, says Dr. Vigo.

When you have asymmetrical breasts, you can balance out the shape of your breast by either enlarging or contracting your larger breast. Although breast asymmetry surgery is the most popular option, in some cases it may be possible to resolve the issue with a breast uplift (mastopexy) operation on one or both of your breasts.

Dr. Vigo will explain everything to you during your appointment. Of course, you should take advantage of this as well to ask questions so that you can decide whether to proceed in a well-informed manner.

Complications from breast asymmetry surgery can include bleeding, infection, or an adverse response to the anaesthetic. By carefully adhering to our recommendations both before and after operation, you can lower your risks.

You should be aware that even though every effort will be made to conceal them and you can usually hide the majority of them with your bra and bathing suit, breast augmentation and reduction procedures will leave visible, permanent scars. Smokers are more likely to experience slow healing and wider marks.





Some patients may suffer a permanent lack of feeling in their breasts or nipples after this kind of surgery. Rarely, the blood flow to the nipple and areola may be cut off, causing the tissue to perish. (Modern methods can be used to rebuild the nipple and areola. On rare occasions, it may also be necessary to rebuild the breast tissue beneath.) In the future, you won't be able to breastfeed in a breast that has been diminished.

You are placing yourself in the best hands possible if you have your breast asymmetry surgery with Dr. Vigo. To get the best results from your breast asymmetry correction, you must follow his guidance afterward because, as with any operation, there are factors that are beyond our control.

UNDERSTANDING WHAT'S INVOLVED

Dr. Vigo will go over the factors that could influence your treatment during your consultation, including your age, the size and shape of your breasts, and the state of your skin. He will also go over the positioning of the nipple and areola, which will be raised during the operation and should be roughly even with the crease under your breasts. Every patient naturally has a unique perspective on the ideal size and shape for their breasts, and we will customise your procedure to meet your needs as closely as possible.

It's essential to remember that breast asymmetry surgery won't likely produce perfectly symmetrical breasts, but the final result should be much closer to that, giving you more confidence to wear your regular clothes, knickers and swimwear. You will receive detailed instructions on how to prepare, including rules on what to consume and drink, smoke, and take medications, before you arrive for your treatment.

The procedure, which requires a general anesthetic, typically lasts between two and four hours, but it could take longer in some circumstances. You should plan on spending two to three days in the infirmary. Please be advised that a mammogram (breast x-ray) may be recommended for you to have before surgery.



You'll need to remember to ask someone to drive you home after your surgery and to help you out for a few days afterwards to enable you to rest.

CORRECTING BREAST ASYMMETRY - RECOVERY

Whether you had a reduction or an enlargement, you can anticipate some discomfort for a week or more after your procedure. Pain medication will be given to you. Expect to experience some pain for the first few days, particularly when you cough or move around.

After a few days, you'll be able to take a wash, and after a week, any tapes will be taken off and, if necessary, replaced with a soft bra. For several weeks, until the puffiness and bruising go down, it is best to wear the bra constantly. Few, if any, stitches need to be removed because absorbable sutures are used.

Your breasts could ache and swell during your first period after surgery. For a few months, you might additionally experience sporadic, shooting aches. You might be told to refrain from sexual activity for at least a week and to limit breast touch to gentle patting for about six weeks.

Even though the majority of the puffiness and bruising will disappear within the first few weeks, it could take your breasts six months to a year to adapt to their new shape. Even then, they might alter in shape as a result of your chemical changes, weight changes, or pregnancy.

Additionally, you'll need to go to one or more follow-up appointments so that Dr. Vigo can make sure your recovery is proceeding normally. Additionally, he will offer you tips on how to recuperate quickly from your breast asymmetry correction surgery. Of course, you can always contact him with any questions you may have following the procedure.

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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LECTURER IN BREAST SURGICAL TECHNIQUES IN EUROPE

AUTHOR OF DIFFERENT INTERNATIONAL PUBLICATIONS



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