



DR MATTEO
VIGO

PLASTIC SURGERY

**BREAST REDUCTION:
FOR A MORE SHAPELY,
UPLIFTED BUST**



Women with large breasts can often struggle with discomfort, uncomfortable clothing, and even neck and back problems. Breast reduction surgery seeks to make your bust more sculpted and uplifted while reducing the size of your breasts. A breast reduction treatment can significantly improve a patient's quality of life by easing pain and enhancing self-confidence. Breast reduction surgery is a possibility if the size of your breasts worries you.

Breast reduction surgery includes removing extra breast tissue, fat, and skin from the breasts, resulting in breasts that are more in proportion to the rest of your body. Your breast reduction will be customised for you by one of our top breast surgeons once they have heard your worries.

The size of a woman's breasts is determined by a number of factors such as genes, weight and hormones. Although most women's breasts are in proportion to their body size and shape, some women's breasts are disproportionately large, which can cause general discomfort. The size and weight of the breasts can particularly be an issue for women who have small frames, as the imbalance can create problems. The aim of a breast reduction operation is to reduce the size and weight of the breasts.

BREAST REDUCTION TECHNIQUES

There are three types of technique used and your surgeon will tailor this to suit your needs.

The peri areolar technique

Scarring is limited to the circumference of the areola; this is suitable for smaller reductions.

The vertical scar technique

Here a scar is made around the areola and then extended down towards the breast crease, this is suitable for moderate reductions.

The 'inverted T' or 'anchor' technique

This is the most traditional form. The resulting scars will be around the areola, from the areola to the breast fold and along the breast fold. This is required for larger breast reductions.

Dr. Vigo will always provide you with information and guidance in order to ensure scarring is minimised.

BREAST REDUCTION SURGERY

Breast reduction surgery is meant for women who have large breasts and want to resolve issues such as:

- Chronic back, neck and shoulder pain that requires pain medications
- Chronic rash or skin irritation under the breasts
- Nerve pain
- Restricted activity
- Poor self-image related to large breasts
- Difficulty fitting into bras and clothing

Breast reduction surgery generally isn't recommended if you:

- Smoke
- Have certain conditions such as diabetes or heart problems
- Are very obese
- Want to avoid scars on your breasts

You can have breast reduction surgery at any age - sometimes even as a teenager. But if your breasts aren't yet fully developed, you might need a second surgery later in life. You might postpone breast reduction surgery if you have certain future plans, such as:

Childbirth. If you haven't started a family or your family isn't yet complete, you might wait until pregnancy isn't an issue. Breast-feeding might be challenging after breast reduction surgery - although certain surgical techniques can help preserve your ability to breast-feed.



Weight loss. If you are interested in losing weight by changing your diet and starting an exercise program, you might wait to decide if reduction mammoplasty is for you. Losing weight can often result in changes to your breast size.

WHO IS A GOOD CANDIDATE?

- Patients who want smaller breasts.
- Patients with extensive breast asymmetry.
- Healthy patients without breast cancer.
- Patients who possess realistic expectations.
- Patients who will tolerate breast scars.
- Patients who complain of chronic neck, shoulder and back pain from excessive breast size.
- Patients with large breasts who experience chronic skin irritation along their bra straps and under the breast folds.

BREAST REDUCTION SURGERY RISKS

Breast reduction surgery has the same risks as any other type of major surgery - bleeding, infection and an adverse reaction to the anesthesia. Other possible risks include:

- Bruising, which is usually temporary
- Scarring
- Removal of or loss of sensation in the nipples and skin surrounding the nipples (areolae)
- Difficulty or inability to breast-feed
- Differences in the size, shape and symmetry of the surgically altered left and right breasts, which might lead to further surgery to improve your appearance
- Nipple loss or fat necrosis

HOW YOU PREPARE

Dr. Vigo will:

- Evaluate your medical history and overall health



- Discuss your expectations for breast size and appearance after the surgery
- Provide a detailed description of the procedure and its risks and benefits, including likely scarring and possible loss of sensation
- Examine and measure your breasts
- Take photographs of your breasts for your medical record
- Explain the type of anesthesia used during surgery

Before breast reduction surgery, you might also be asked to:

- Complete various lab tests
- Get a baseline mammogram
- Stop smoking for a certain period of time before and after surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements, to control bleeding during surgery

AFTER THE PROCEDURE

Your breasts will be covered with a gauze dressing or bandages. A tube might be placed under each arm to drain any excess blood or fluid. You likely will take medication for pain and antibiotics, to decrease your risk of infection.

For the first days or week after surgery:

- Your breasts will probably feel tender and sensitive
- Your breasts might be swollen and bruised
- Your surgeon might recommend an elastic compression bra to protect the breasts

You'll need to limit physical activity for two to four weeks while the breasts heal. Dr. Vigo might suggest avoiding underwire bras for a few months after surgery. Scarring usually fades over time. You will need a follow-up visit with Dr. Vigo to remove stitches and check your recovery.

IS BREAST REDUCTION PAINFUL?

Some patients can experience some discomfort following breast reduction surgery however this will be carefully managed with pain relief and by following our aftercare instructions.



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



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PLASTIC SURGERY DUBAI

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

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Locations

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