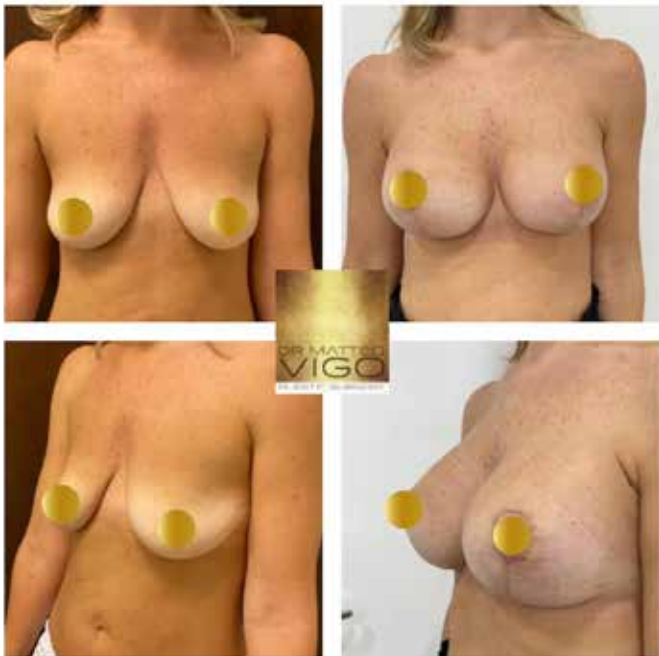




DR MATTEO
VIGO

PLASTIC SURGERY

TOP TIPS FOR
BREAST LIFTING



It's normal for women's breasts to sag and lose their initial suppleness as they age. Breast drooping, or ptosis, is one of the most frequent diseases addressed by cosmetic surgeons, but it may cause concern in many women.

WHAT IS BREAST UPLIFT SURGERY (MASTOPEXY)?

This procedure addresses sagging breasts without changing their size. Your breasts will be lifted and reshaped by your surgeon to give them a firmer, younger appearance, and any loose skin will be removed.

Drooping or sagging can happen as a result of:

- Pregnancy
- Weight loss
- Ageing

A breast uplift may be an option if:

- Your breasts are flatter and longer than they were
- You're not planning a pregnancy in future – pregnancy stretches your skin and will increase the risk of drooping again
- Your nipples fall below your breast crease when you're not wearing a bra
- Your nipples and areolae, the coloured part surrounding your nipple, point downward
- Your areolae have stretched out of proportion to your breasts
- One of your breasts is lower than the other
- The appearance of your breasts is affecting your confidence

Any size breast can be elevated, however ladies with smaller breasts tend to have the best results. The benefits of the uplift might not last as long in large breasts since they are heavier and more likely to droop.

The procedure could be performed together with a breast expansion or reduction.

Making the choice to get breast uplift surgery is a big one. Spend some time considering your reasons for wanting the operation and learning about it, both now and in the future.

WHAT CAUSES BREASTS TO DROP?

The ageing process is the most frequent cause of sagging breasts. The skin on women's breasts gradually loses elasticity as they get older, making it harder for the breast tissue to hold its weight. Breast sagging can happen for a number of additional causes than time passing, including:

- Menopause causes hormonal changes that can affect skin elasticity
- Multiple pregnancies can result in breast sagging as the ligaments that support your breasts stretch and droop with the added pressure
- Rapid weight loss or weight gain can significantly affect the internal structures of breasts
- A high BMI causes skin and breast tissue to stretch and droop
- Larger, heavier breasts are more susceptible to sagging
- Smoking may cause skin to lose its flexibility and strength.

COSMETIC SOLUTIONS TO LIFT BREASTS

Although some degree of relief can be obtained with home therapies, breast lift surgery is the only long-term, conclusive treatment for sagging breasts.

LIFT YOUR BREASTS WITH BREAST LIFT

By excising extra skin and contouring the breast tissue, this cosmetic treatment lifts and reshapes drooping breasts. Breasts seem more young and perkier as a consequence.



BENEFITS OF A BREAST LIFT

Mastopexy gives drooping and sagging breasts more support, giving them a firmer, more youthful appearance. Low scar visibility is possible with several breast lift methods, such as the periareolar lift and crescent lift.

Choosing a breast lift can help your breasts return to their former, more appealing shape, giving your entire body a more young, contoured look. The soreness and irritation brought on by extra skin around the breasts can be reduced by surgery.

TOP BREAST LIFT RECOVERY TIPS

PREPARE YOUR HOME AND SCHEDULE

Making sure the house is organised so you don't have any worries following your treatment is one of the most important tasks in getting ready for a breast lift or any other cosmetic surgery. Prepare your meals, fill your medications, free up your calendar, and find lots of entertainment so you can begin resting and healing right away in a stress-free, cosy setting.

GET PROPER REST & RELAXATION

For a good recovery following breast lift surgery and to maximise your outcomes, rest and relaxation are crucial. You risk damaging your incisions and the location of the breast tissue if you begin exercising too soon.

For wounds to heal properly and the tissue to become permanently positioned, it takes six to eight weeks. You run the danger of your incisions opening up or the breast tissue shifting if you don't give your body the rest and relaxation it needs during this crucial period. You'll quickly get back on your feet if you take more time to rest than you think.

BE GENTLE WITH YOUR INCISIONS

As they heal, your incisions require gentle love and attention. This entails maintaining them dry, clean, and safe. For the first two to four days, stay out of the shower and keep the region damp. After that, when you do take a shower, avoid getting the water directly on the incisions. Using soft tissue, pat them dry, taking care not to scrape off any scab that develops over the wounds. A wound heals better the longer the scab remains on it.

USE COMPRESSION GARMENTS

After a breast lift, compression garments are a terrific choice since they protect the region and support the breasts during recuperation. Before your surgery, during your visit with Dr. Vigo, go over your options for compression garments.

WATCH FOR COMPLICATIONS

Although problems following breast lift treatments are uncommon, the sooner an issue is detected and addressed, the better. An incision opening is the most common type of complication, however other issues, such as internal haemorrhage, can also arise (usually as a result of the procedure being performed by a less competent surgeon).

Keep an eye on your emotions, and get in touch with Dr. Vigo right away if you experience anything unusual.

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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