

A close-up photograph of a woman with light skin and blue eyes. She is looking slightly upwards and to the left. A person wearing blue nitrile gloves is administering an injection into her lower lip area using a syringe with an orange plunger. The background is a solid light blue.

DR MATTEO
VIGO
PLASTIC SURGERY

A COMPLETE GUIDE TO
DERMAL FILLERS

Rediscover Youthful Confidence with Dr Matteo Vigo: A Complete Guide to Dermal Fillers 2025

Dermal fillers are sterile, gel-like substances injected beneath the skin to replace the volume that naturally diminishes with age. Most modern fillers are composed of hyaluronic acid, a molecule already present in our skin and joints, prized for its ability to attract and bind water.

When replenished in targeted areas, hyaluronic-acid fillers plump hollow regions, smooth creases, and add a gentle lift, all while integrating seamlessly with surrounding tissue. Over time, the body gradually metabolises the gel, but the treatment leaves behind a subtle boost in collagen production.

As a result, many patients notice an improvement in their skin texture even after the filler dissolves. Because hyaluronic acid is reversible with a simple enzyme, it remains the safest and most versatile option in Dr. Vigo's practice.

Aging, volume loss and the promise of replenishment

From our late twenties onwards, the fat pads that once gave youthful faces their soft curves began to deflate and migrate. Cheeks flatten, under eyes hollow, and supportive ligaments loosen, allowing skin to sag forward into nasolabial folds and marionette lines.

The bony framework also remodels, especially around the temples and jaw, accentuating a gaunt or tired appearance. Dermal fillers address these fundamental changes rather than merely masking lines on the surface.

By restoring strategic pockets of volume, often in the midface, tear troughs, chin, or jawline, Dr. Vigo can recreate harmonious proportions that lift shadows and lighten the face from within.





Treatment goals beyond wrinkle reduction

Although many first-encounter fillers are a solution for deep folds beside the nose or thinning lips, their potential extends far beyond isolated wrinkles.

Dr. Vigo frequently employs fillers to correct facial asymmetry, refine a weak chin profile, sharpen a blurred jawline, or soften early jowling. In younger clients, dermal fillers can enhance naturally slim features, for instance, by adding delicate projection to the cheekbones or definition to the Cupid's bow.

For older faces, adding volume helps support the skin from underneath, which can lessen the need for frequent neurotoxin injections and delay the need for surgery.

Because filler gels come in varied densities, the same material that creates soft lip hydration can also provide robust structural support deep along the zygomatic arch or mandibular border.

Why technique and experience matter

While the products themselves are sophisticated, it is the practitioner's understanding of facial anatomy, proportions and aesthetic nuance that determines whether a result looks refreshing or artificial.

Dr. Matteo Vigo's background in reconstructive and aesthetic surgery means he maps the face in three dimensions, accounting for fat compartments and retaining ligaments and underlying muscles before he ever uncaps a syringe.

He favours microdroplet placement, layering minute amounts of gel along natural curves rather than injecting large boluses that can distort movement. This "less is more" philosophy ensures that patients look invigorated under every light and in every expression.

The consultation: setting expectations and crafting a plan

Every filler journey with Dr. Vigo begins with an unhurried consultation. During this visit, he reviews his medical history, examines his skin quality, and discusses his personal objectives in clear, realistic terms.

Doctors may take high-resolution photographs to analyse symmetry and volume distribution, and in certain cases, they use a three-dimensional scanner to measure projected changes. Together, the doctor and patient agree on a phased treatment map that prioritises areas of greatest impact while respecting budgets and downtime.

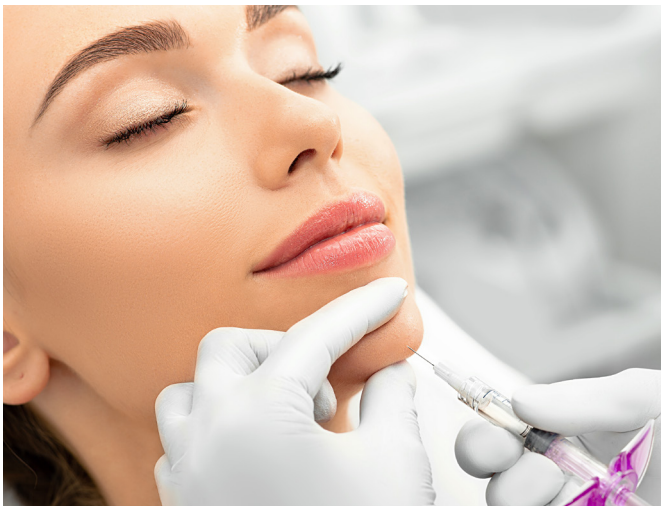
This bespoke blueprint may include subtle enhancements first, followed by refinements once initial swelling has subsided. By aligning expectations from the outset, Dr. Vigo ensures the outcome feels entirely your own, simply a fresher version.

What happens on treatment day

A typical session lasts thirty to sixty minutes, depending on the number of regions addressed. After cleansing the skin, Dr. Vigo applies a topical anaesthetic to minimise discomfort; most high-quality fillers also contain lidocaine to further ease the process.

Using either a fine needle or a blunt micro cannula, chosen according to area and safety considerations, he delivers the gel with slow, precise passes. Patients usually describe the sensation as slight pressure rather than pain.

We gently mould the treated zones immediately afterwards to ensure even integration, then cool them with compresses to limit swelling. You may notice mild puffiness or pinkness that evening, but such effects typically resolve within forty eight hours and can be concealed with light makeup.





Aftercare and recovery

One of the greatest advantages of dermal fillers is the minimal interference with daily life. Dr. Vigo recommends avoiding intense exercise, saunas, and alcohol for twenty-four hours; sleeping on your back with your head slightly elevated the first night; and delaying facial massages or aggressive skincare for a week.

Bruising, if it occurs, can be mitigated with cold packs and over the counter arnica. Most individuals return to work immediately and attend social events within a day or two. At the two-week mark, Dr. Vigo invites patients for a review to assess integration, photograph results, and, if required, perform subtle touch-ups for perfect symmetry.

Longevity of results and maintenance strategy

The longevity of filler outcomes depends on the product type, injection depth, metabolic rate, and lifestyle. Softer gels placed in lips typically last six to nine months, whereas robust formulations supporting cheekbones or jawlines may persist twelve to eighteen months.

In areas of minimal movement, such as the temples, results can exceed two years. Rather than waiting for all effects to fade, Dr. Vigo advises planned maintenance sessions.

These smaller, periodic top ups preserve aesthetic continuity and continue to stimulate collagen, meaning each subsequent visit may require less material to achieve the same vibrancy.

Safety profile and risk mitigation

When performed by an expert, hyaluronic acid fillers enjoy an excellent safety record. Nevertheless, any injection carries potential side effects, from transient swelling to, in rare instances, vascular occlusion.

Dr. Vigo adheres to stringent aseptic protocols, uses aspiration and slow injections to reduce intravascular risk, and keeps hyaluronidase readily available should an emergency reversal be necessary.

His deep anatomical knowledge, coupled with advanced imaging where appropriate, further minimises complications. For patients, choosing a fully trained surgeon in an accredited medical setting is the surest safeguard for both health and aesthetic outcomes.

Combining fillers with complementary treatments

For comprehensive facial harmony, Dr. Vigo often pairs dermal fillers with neuromodulators such as Botox to relax expression lines that volume alone cannot erase.

Skin-tightening technologies, chemical peels or fractional lasers may follow, addressing surface texture and pigment. By carefully planning treatments and considering how the skin works, he gets results that look natural and balanced, letting each method work effectively in its own area.



A dark, artistic photograph of a woman's face in profile, looking upwards. A hand in a blue glove holds a syringe near her lips. The background is a textured gold rectangle.

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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.

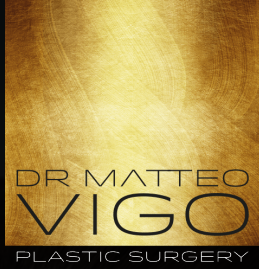
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



DERMAL FILLERS

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

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