

A close-up photograph of a hand holding a large, oval-shaped, translucent breast implant. The implant is covered in numerous small water droplets, giving it a moist appearance. The hand is positioned at the bottom of the frame, with fingers gently gripping the edges of the implant. The background is dark and out of focus, with some green fabric visible on the left side.

DR MATTEO
VIGO
PLASTIC SURGERY

BREAST IMPLANTS
EXPLAINED:
**PROCEDURE, SAFETY,
AND RESULTS**

One of the most common cosmetic operations in the world is breast implants. Implants are a very flexible option that can be used to add volume after pregnancy, change the size and contour of the breast, or rebuild it after surgery. But choosing to have this surgery is more than just picking a cup size; it also means thinking carefully about your health, lifestyle, expectations, and the surgery itself.

This guide gives you all the important information you need to make an informed choice regarding breast implants.

What are breast implants?

To make breasts bigger, change their shape, or make them look more balanced, breast implants are medical devices that are surgically inserted under the breast tissue or chest muscles. There are two main kinds of implants:

- **Silicone implants:** Filled with silicone gel, these feel more like natural breast tissue. They are popular due to their realistic texture.
- **Saline implants:** Filled with sterile salt water. They are inserted empty and then filled once they're in place. If they rupture, the body naturally absorbs the saline.

Both types come in various shapes (round or anatomical), sizes, and surface textures (smooth or textured), allowing surgeons to tailor results to each patient's goals.





Who is a good candidate?

Good candidates for breast implants typically:

- Are physically healthy and at a stable weight
- Have fully developed breasts
- Are not pregnant or breastfeeding
- Have realistic expectations
- May be experiencing breast asymmetry, volume loss, or dissatisfaction with their current breast size

It's important to undergo a thorough consultation with a board-certified plastic surgeon to evaluate suitability and discuss the best options for your anatomy and goals.

The procedure: What to expect

Most of the time, breast implant surgery takes 1 to 2 hours and is done with general anesthesia. The surgeon makes a pocket either under the chest muscle (submuscular) or behind the breast tissue (subglandular) and puts the implant in.

After surgery, you need to wear a surgical bra, take the medicines your doctor gives you, and stay away from intense exercise for a few weeks. Most people can go back to light work in 5 to 7 days.

Risks and complications

Like any surgery, breast augmentation carries some risks, including:

- Capsular contracture (hardening of scar tissue around the implant)
- Implant rupture or leakage
- Infection
- Changes in breast or nipple sensation
- Implant displacement or asymmetry

Choosing an experienced plastic surgeon and adhering strictly to post-op instructions can significantly reduce the risk of complications.



How long implants last?

Breast implants do not last forever. They can endure for 10 to 15 years or more, although they may need to be replaced at some point because of changes in the body, personal taste, or problems with the implant itself. To make sure the implants stay in place, regular follow-ups and, for silicone implants, frequent imaging (such MRI or ultrasound) are recommended.

Personalising your results

One of the most fascinating things about breast implant surgery is how personalized it can be for each person. Your surgeon will work carefully with you to figure out the optimal type, size, and placement of the implant for your body type and cosmetic goals, whether you want a small change or a big one. When making a result that looks and feels good for you, we take into account things like the quality of your skin, your lifestyle, and your long-term aspirations, such as having kids

A faint, dark grey illustration of a hand holding a breast is centered in the background of the page. The hand is shown from the side, with fingers gently cupping the breast. The illustration is semi-transparent, allowing the black background to show through.

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.

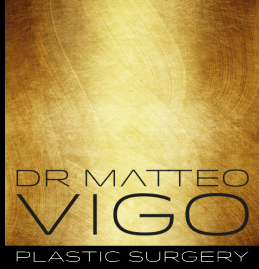
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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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To book a consultation with
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