



DR MATTEO
VIGO
PLASTIC SURGERY

ALL ABOUT
MOMMY MAKEOVER



Motherhood is one of life's most rewarding experiences, but it also brings significant changes to a woman's body. Pregnancy, childbirth, and breastfeeding can stretch the skin, alter body contours, and reduce breast volume. A **mommy makeover** is a personalised combination of surgical procedures designed to restore a woman's pre-pregnancy figure and help her feel confident and comfortable again.

What is a mommy makeover?

A mommy makeover is not a single procedure but a customised plan that targets the areas most affected by pregnancy. It often includes **breast enhancement, tummy tuck, and liposuction**, but the exact combination depends on each woman's needs and goals.

Some women choose to lift and restore breast shape, others focus on tightening the abdomen, while some prefer contouring stubborn fat deposits that do not respond to diet and exercise. The aim is to create harmony and balance so the body looks refreshed and natural, not overdone.

Common procedures included

1. Breast procedures

After pregnancy and breastfeeding, the breasts can lose firmness and volume. A breast lift restores shape and position, while implants may be used to enhance fullness. For some women, a breast reduction may be part of the plan if the breasts have become larger and uncomfortable.

2. Tummy tuck (abdominoplasty)

The abdomen is one of the areas most affected by pregnancy. A tummy tuck removes excess skin, repairs stretched abdominal muscles, and improves the contour of the waistline. The result is a flatter, firmer stomach that restores core strength and posture.

3. Liposuction

This procedure removes stubborn fat pockets that remain after childbirth, even with a healthy lifestyle. Liposuction helps refine body contours and enhances the results of other procedures.

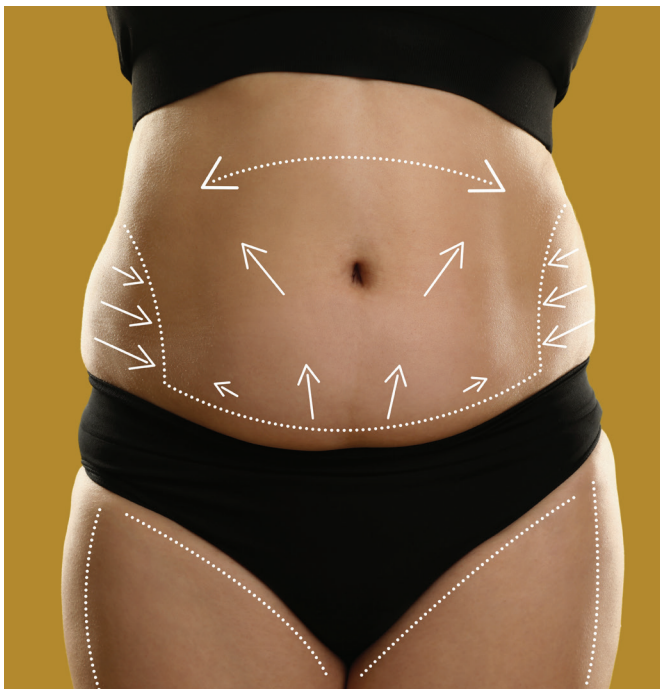
4. Additional treatments

Depending on your goals, the makeover can include other enhancements such as vaginal rejuvenation or body contouring around the thighs and hips. Every treatment plan is tailored to the patient's individual anatomy and preferences.

Recovery and aftercare

Recovery varies depending on the combination of procedures performed. Most patients can resume light activities within one to two weeks, while full recovery may take a few months. Dr Matteo Vigo provides clear aftercare instructions and schedules follow-up visits to ensure that healing progresses smoothly. His patients are supported at every stage, from pre-surgery preparation to full recovery.

Swelling and mild discomfort are common during the first few weeks but gradually subside. As the body heals, the final results begin to take shape, revealing a firmer, smoother, and more defined figure.





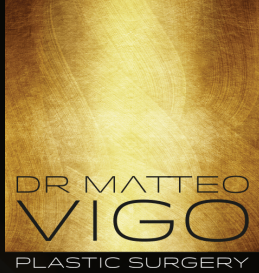
Who is a good candidate?

The ideal candidate for a mommy makeover is a woman in good overall health who has completed her family and is close to her ideal weight. It is recommended to wait several months after childbirth or breastfeeding before undergoing surgery, giving the body time to stabilise. During consultation, Dr Matteo Vigo will evaluate your health, goals, and expectations to design a safe and realistic treatment plan.

Benefits of a mommy makeover

- Restores body shape and firmness after pregnancy
- Improves self-image and confidence
- Targets multiple areas in a single recovery period
- Provides long-term results with proper care and healthy habits

A mommy makeover is not just about physical transformation; it is about feeling renewed and confident in your own skin. With expert guidance, advanced techniques, and an artistic eye, **Dr Matteo Vigo** helps mothers rediscover their natural beauty in a way that feels both authentic and empowering. His commitment to safety and patient satisfaction ensures results that are beautifully balanced and uniquely yours.



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.

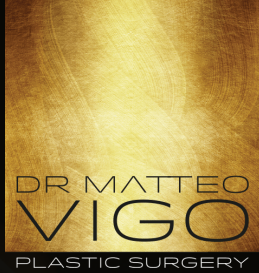
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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



MOMMY MAKEOVER

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

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Locations

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