



DR MATTEO
VIGO

PLASTIC SURGERY

CHOOSING YOUR
BREAST IMPLANTS

When planning breast augmentation, one of the most important steps is choosing the right implants. While the goal may seem simple, the process involves several factors that shape the final result. Every woman's body is unique, and understanding your options will help you achieve results that look natural, feel comfortable, and suit your proportions.

Understanding breast implants

Breast implants are designed to enhance or restore breast volume, and they come in two main types: silicone and saline.

Silicone implants are filled with a cohesive gel that closely resembles natural breast tissue. They feel soft and tend to maintain their shape very well. Saline implants, on the other hand, are filled with sterile salt water. They are placed empty and filled once inside the body, which allows for smaller incisions. If a rupture ever occurs, the saline is safely absorbed by the body.

Both types are widely used and approved for safety. Your surgeon will help you decide which option best suits your body and goals.

Shape and profile

Implants also differ in shape and profile, and these details influence how your breasts will look after surgery.

Round implants provide more fullness in the upper part of the breast, giving a slightly lifted and youthful appearance.

Anatomical, or teardrop-shaped implants, mimic the natural slope of the breast, creating a softer and more subtle look.

The implant profile refers to how far it projects from the chest. A low profile offers gentle enhancement and is ideal for broader chests. A moderate profile gives a natural balance between projection and contour, while a high profile offers more projection for those with a narrower frame. During your consultation, your surgeon will show you how different profiles complement your body shape.





Finding the right size

Choosing the right size is one of the most personal parts of the process. It is not just about cup sizes, but about balance and proportion. Factors such as body frame, chest width, and skin elasticity all play a role in determining the right size.

During consultation, your surgeon may use 3D imaging or sample sizers to help you visualise how different volumes will look on your body. The goal is to create harmony. An implant that is too large can lead to discomfort or strain, while one that is too small may not provide the change you hope for. The best choice enhances your natural figure while keeping everything in proportion.

At this stage, **Dr Matteo Vigo** takes the time to study each patient's anatomy carefully, listen to her preferences, and guide her towards the most suitable options. His approach combines technical expertise with artistic vision, ensuring that the outcome looks balanced, natural, and in line with the patient's lifestyle and body structure.

Placement options

Implants can be positioned in two main ways.

In subglandular placement, the implant sits behind the breast tissue but above the chest muscle. This option usually allows a faster recovery and works well for women who already have some natural tissue.

In submuscular placement, the implant goes partly under the chest muscle. This often gives a softer and more natural appearance, especially for women with thinner tissue. Sometimes a dual-plane technique is used to combine the benefits of both methods.

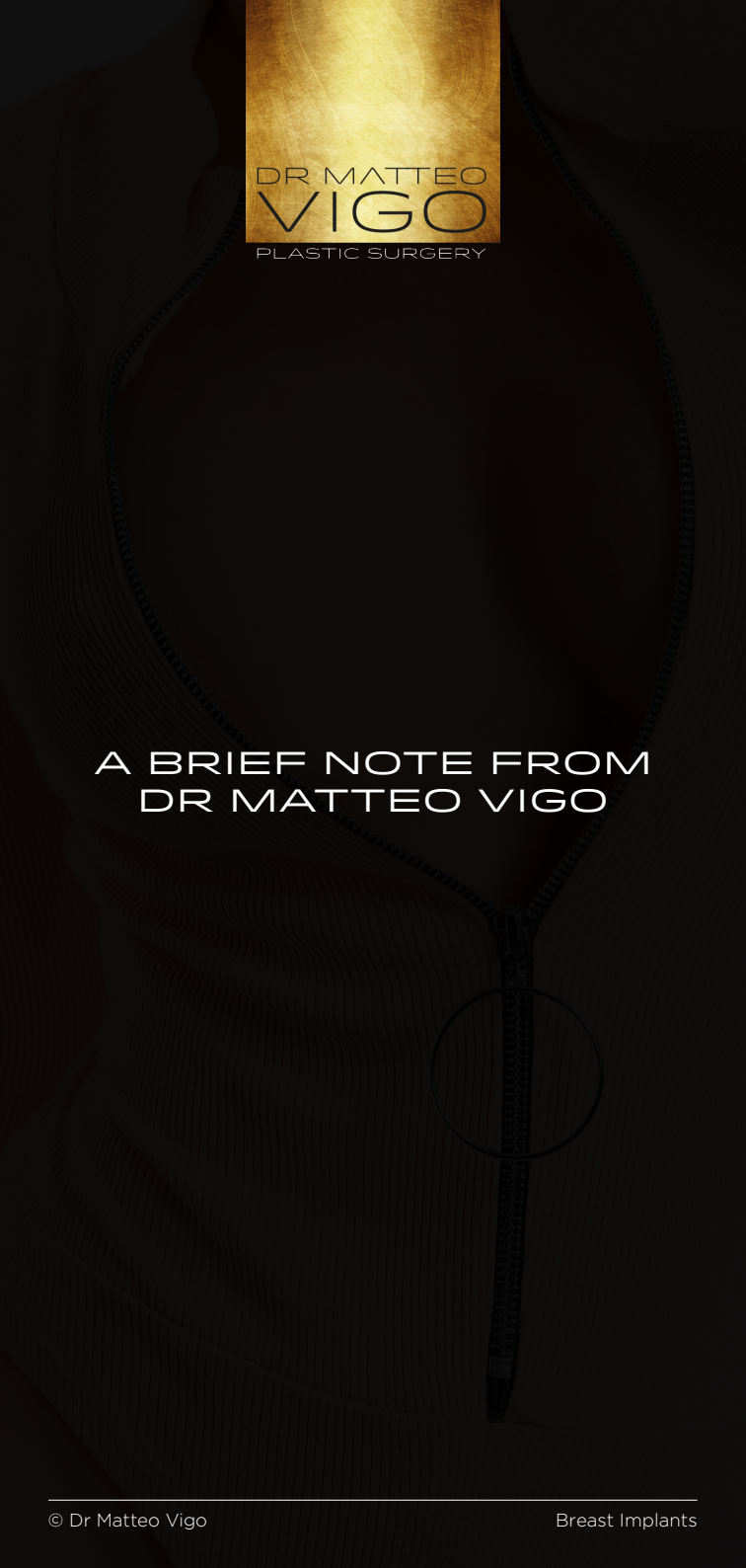
Texture and surface

Implants can have either a smooth or a textured outer shell. Smooth implants move more naturally and feel softer to the touch. Textured implants were developed to stay more stable in position, particularly for anatomical shapes. Your surgeon will help you choose the best surface based on your anatomy and desired result.

Safety and longevity

Modern implants are highly durable and have been tested for safety, but they are not designed to last forever. On average, they can last from ten to fifteen years, although many last longer without problems. Regular check-ups and imaging such as ultrasound or MRI scans can help monitor their condition. If you notice any changes in shape or comfort, it is best to have a review to ensure everything is healthy.





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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.

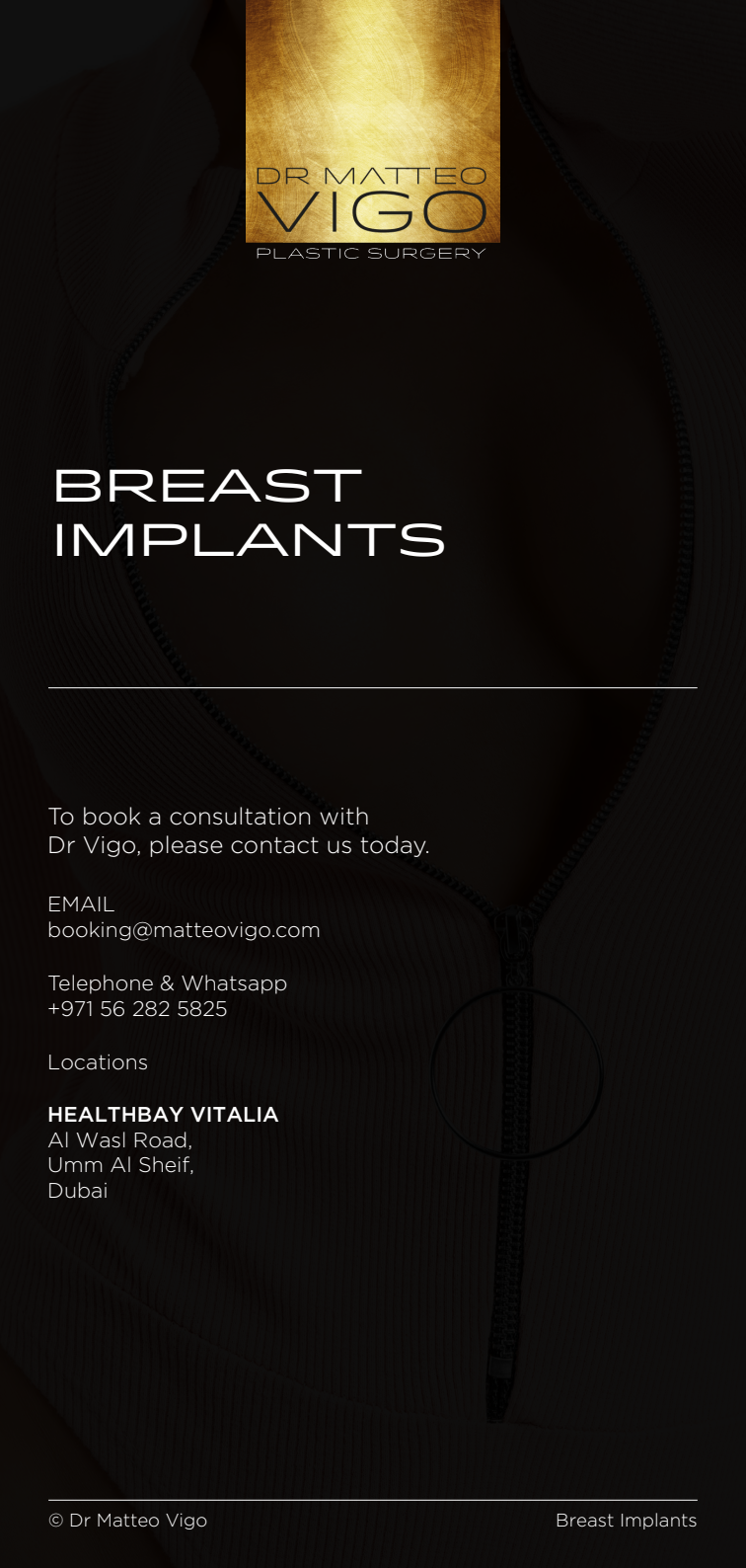
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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.

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

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