



UNDERSTANDING YOUR OPTIONS

Your consultation discussion guide



Selecting the right breast implant is an important part of the reconstruction process. Talk to your plastic surgeon about the look you want. Your surgeon can help you choose the best option based on your needs, wants, body structure, and more.

1 How much FULLNESS do you want?

Choose your look—from a subtle change to a dramatic difference.



Very little fullness on top



Full look with slight roundness on top



Fuller look with more roundness on top



Fullest look with a very rounded look on top

2 Think BEYOND size

While size is important, profiles shape your projection.

5 PROFILE TYPES



LOW
110 cc – 610 cc

LOW PLUS
125 cc – 640 cc

MODERATE
140 cc – 755 cc

FULL
180 cc – 770 cc

EXTRA FULL
200 cc – 800 cc

3 Know your Natrella® OPTIONS

3 different gummy gels for a range of softness.



Natrella® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES

Breast implants are not considered lifetime devices. The longer people have them, the greater the chances are that they will develop complications, some of which will require more surgery.

Breast implants have been associated with the development of a cancer of the immune system called breast implant-associated anaplastic large cell lymphoma (BIA-ALCL). This cancer occurs more commonly in patients with textured breast

implants than smooth implants, although rates are not well defined. Some patients have died from BIA-ALCL.

Patients receiving breast implants have reported a variety of systemic symptoms, such as joint pain, muscle aches, confusion, chronic fatigue, autoimmune diseases, and others. Individual patient risk for developing these symptoms has not been well established. Some patients report complete resolution of symptoms when the implants are removed without replacement.

QUESTIONS TO ASK YOUR PLASTIC SURGEON



Get to know your plastic surgeon

1. Are you a board-certified plastic surgeon?
2. Did you complete a residency in plastic surgery from a recognized and accredited program?
3. How long have you been performing breast reconstruction surgery?
4. How many breast reconstructions with implants do you perform a year?
5. What are your reoperation rates, and what is the most common reoperation you perform?
6. Do you perform surgery in a hospital, or independent surgery center?



Understanding breast reconstruction surgery

1. Will my health insurance cover my breast reconstruction surgery cost?
2. What are the different types of breast reconstruction (implant-based reconstruction, using own body tissues—autologous, or implant combined with own body tissue)?
3. What are the risks and complications of each type of breast reconstruction surgery?
4. What are the pros and cons for direct-to-implant and two-stage breast reconstruction surgery?
5. Should I wait to have breast reconstruction until I have completed all my cancer treatments?
6. What if my cancer recurs after breast reconstruction?
7. How long is breast reconstruction surgery?
8. I am having a unilateral mastectomy. Will surgery be required on my other breast as well? If so, when will it be done?



Understanding *Natrelle*[®] breast implants

1. If I am considering breast implants, will I need tissue expanders? What is the process?
2. Do you have before-and-after breast reconstruction surgery photos to help me understand what results are reasonable for me to expect?
3. What do you take into account when choosing the best *Natrelle*[®] option to get the look I want?
4. What advice can you give me if I decide to choose *Natrelle*[®] breast implants?



What can I expect post surgery?

1. What can I expect during my recovery?
2. What are common risks and complications associated with breast implants?
3. What will my scars look like?
4. How much pain or discomfort will I feel, and for how long?
5. When can I resume my normal activities?
6. Do *Natrelle*[®] breast implants have a warranty?

***Natrelle*[®] Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)**

Who can get breast implants?

Natrelle[®] Breast Implants are approved for the following:

- **Breast augmentation for women at least 22 years old for silicone-filled implants and for women at least 18 years old for saline-filled implants.** Breast augmentation includes primary breast augmentation to increase the breast size and revision surgery to correct or improve the result of a primary breast augmentation

- **Breast reconstruction.** This includes primary breast reconstruction to replace breast tissue that has been removed due to cancer or trauma or that has failed to develop properly due to a severe breast abnormality. This also includes revision surgery to correct or improve the result of a primary breast reconstruction

Natrelle[®]

Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)

Who should NOT get breast implants?

Breast implant surgery should NOT be performed in:

- Women with active infection anywhere in their body
- Women with existing cancer or precancer of their breast who have not received adequate treatment for those conditions
- Women who are currently pregnant or nursing

What should I tell my doctor?

Tell your doctor if you have any of the following conditions, as the risks of breast implant surgery may be higher:

- Autoimmune diseases (eg, lupus and scleroderma)
- A weakened immune system (eg, taking medications to decrease the body's immune response)
- Planned chemotherapy or radiation therapy following breast implant placement
- Conditions or medications that interfere with wound healing and blood clotting
- Reduced blood supply to breast tissue
- Clinical diagnosis of depression or other mental health disorders, including body dysmorphic disorder and eating disorders
- Those with a diagnosis of depression or other mental health disorders should wait for resolution or stabilization of these conditions prior to undergoing breast implantation surgery

What else should I consider?

- There is a Boxed Warning for breast implants. Please see bold text at beginning
- Many changes to your breasts following implantation are irreversible. If you later choose to have your implants removed and not replaced, you may experience dimpling, puckering, wrinkling, or other cosmetic changes, which may be permanent
- Breast implantation is likely not a one-time surgery. The longer implants are in place, the greater the potential risk for complications. You will likely need additional surgeries on your breasts due to complications or unacceptable cosmetic results. Thus, you should also consider the complication rates for later (revision) surgery since you may experience these risks in the future

- Cancer treatments and surgery will affect the outcome and timing of breast reconstruction
- Breast implants may affect your ability to breastfeed, either by reducing or eliminating milk production
- Rupture of a silicone-filled breast implant is most often silent. Even if you have no symptoms, you should have your first ultrasound or MRI at 5 to 6 years after your initial implant surgery and then every 2 to 3 years thereafter regardless of whether your implants are for augmentation or reconstruction. If you have symptoms of or uncertain ultrasound results for breast implant rupture, an MRI is recommended. Additional imaging may be required depending on your medical history and status. The health consequences of a ruptured silicone gel-filled breast implant have not been fully established
- Routine screening mammography for breast cancer will be more difficult, and implants may rupture during the procedure. Perform self-examination every month for cancer screening and ask your surgeon to help you distinguish the implant from your breast tissue. Lumps, persistent pain, swelling, hardening, or changes in implant shape should be reported to your surgeon and possibly evaluated with imaging

What are key complications with breast implants?

Key complications include reoperation, implant removal with or without replacement, implant rupture with silicone-filled implants, implant deflation with saline-filled implants, and capsular contracture (severe scar tissue around the implant). Other complications include breast pain, swelling, asymmetry, wrinkling/rippling, implant malposition nipple complications, hypertrophic scarring, and implant palpability/visibility.

Talk to your doctor about other complications.

For more information, see the patient brochures at www.allergan.com/products.

To report a problem with *Natrelle®* Breast Implants, please call Allergan® at 1-800-624-4261.

The sale and distribution of *Natrelle®* Breast Implants is restricted to licensed physicians who provide information to patients about the risks and benefits of breast implant surgery.