

Natrelle®

Your guide
to **breast**
augmentation



Actual Natrelle® patient.
Individual results may vary.

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Bold words appearing within this brochure are defined in the glossary.



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Are breast implants *right for you?*

To be a good candidate and to know if **breast augmentation** surgery is right for you, you should:

Educate yourself

Take time to become informed. Many women begin by asking friends and family who have had breast implant surgery, and some also go to the internet for information. However, your surgeon is your most valuable source. Trust their expertise to help you understand the risks and benefits associated with breast implants and surgery, as well as the limitations that may exist due to the characteristics of your breast tissue and body type.¹

Do it for yourself

Your personal motivation for surgery is one of the most important considerations in your decision-making process. Spend some time evaluating why you believe surgery is right for you. Surgeons who use Natrelle® implants will help you understand the process and what to expect from your surgery. Once you've carefully considered all the information provided and consulted with your surgeon, you should be able to establish whether you feel breast augmentation is the right option for you.

Set realistic expectations

To feel good about your body, you need to have realistic expectations. There are many reasons to enhance the size and shape of your breasts, and the right fit is one that balances what you want with what will complement your body type and what your breast tissue will allow.¹ Taking these items into consideration is your first step towards getting the best possible result for you. That's why it's important to talk honestly with your surgeon about expectations for your surgery.

Current generation **silicone implants**

Silicone implants have been available in Canada since 2006 for both breast augmentation and **breast reconstruction** surgery.^{2,3} They have been used extensively throughout the world and are often preferred over **saline**-filled implants, as they are thought to look and feel more natural.⁴

Over the past years, silicone implant technology has evolved to:⁵⁻⁸

- Hold their shape better over time
- Provide high satisfaction to both patients and surgeons
- Have fewer complications—such as **rupturing** and **capsular contracture**
- Provide more implant shapes and sizes

Improvements in silicone implant technology are intended to provide you with a **more natural look**.⁹



Actual Natrelle® patient.
Individual results may vary.

Help find the *right fit for you*

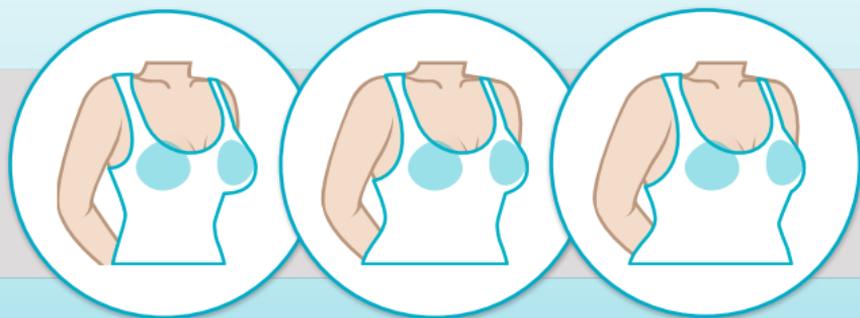
Everyone's body is different. Even the smallest difference is important when it comes to selecting the right kind of breast implant. Before your surgeon recommends an implant, they will perform a series of comprehensive measurements and evaluate your skin and breast tissue characteristics in a process known as **biodimensional planning**. These measurements play a key role in determining what kind of implant fits your unique shape.^{1, 10}

Your surgeon may consider.^{1, 10}

- The **symmetry** of your breasts
- The width of your breasts
- Your skin and breast-tissue characteristics
- The locations of the **incision** and the implant
- Your goals and desires for surgery

Careful **pre-operative** planning is important because a breast implant that is too large for your tissue can result in excessive stretching of the skin and can contribute to the need for future corrective surgeries. It can also speed up the effects of gravity and result in earlier drooping or sagging, or may even be noticeable under your skin.^{1, 10} Work with your surgeon to achieve your desired results that suit your lifestyle.

It is important to consider how both the size and shape of the breast implants fit your body. Choosing a breast implant involves so much more than just choosing a cup size or volume. The size and shape of the breast implant should be as unique as your body type. The image below shows the same implant volume on 3 different body shapes:



Height: 178 cm
Weight: 64 kg

Height: 167 cm
Weight: 61 kg

Height: 156 cm
Weight: 60 kg

Questions to consider *asking your surgeon pre-operatively*

Asking your surgeon the right questions and sharing any concerns you may have are important steps in getting the individual results that are right for you. Please consider the following important questions for discussion at your next consultation:

- ✓ What is your experience with Natrelle® implants?
- ✓ Which Natrelle® INSPIRA® breast implants do you recommend for my body to give me the look I would like to achieve?
- ✓ Will implants alone give me the look I want, or will I need an additional procedure?
- ✓ Do you have any before-and-after photos of patients with Natrelle® breast implants that I can see?
- ✓ Do you have any Natrelle® INSPIRA® breast implants I can feel?
- ✓ Are silicone breast implants safe?
- ✓ Where will my incision be? Will I have a scar?
- ✓ Is there anything I can do to potentially minimize the look of scars?
- ✓ What are the potential risks and complications with breast augmentation surgery?
- ✓ How will breast implants affect having a mammogram?
- ✓ Can I breastfeed after having implants? Will my breast implants change after childbirth/breastfeeding?
- ✓ How would the look of my augmented breasts change if I lose or gain weight?
- ✓ What can I expect during my recovery after surgery? When can I resume normal activities? On average, how soon after surgery can patients exercise?
- ✓ How long do breast implants last?

The **Natrelle[®] Inspira[®]** collection

The Natrelle[®] Inspira[®] Collection offers a variety of implants in different profiles and sizes. The right implant for you is a balance between the look you desire and what your breast measurements and tissue characteristics will allow.¹ To help your surgeon achieve your desired look, Natrelle[®] Inspira[®] offers a wide range of different implant options.¹¹ Your plastic surgeon will discuss with you the implant size that will help you achieve the results that are right for you.

Only Natrelle[®] Inspira[®] is available in 5 projections, providing over 240 options to help you achieve your desired profile



Natrelle
INSPIRA[®] round gel

The next generation round



Width

Selecting the proper implant width is critical to help ensure your long-term satisfaction with your breast surgery. Natrelle[®] breast implants are available in different diameters, so your surgeon will be able to find the right match to fit the width of your breast, creating a more natural look.^{1, 10}

Volume

Breast implants are measured by volume (cubic centimetres [cc] or grams), not cup size. Selecting the right volume for your body is key to achieving your desired look. Natrelle[®] offers a wide range of volumes, so you and your surgeon will be able to find the volume that you are looking for.^{1, 10}

Projection

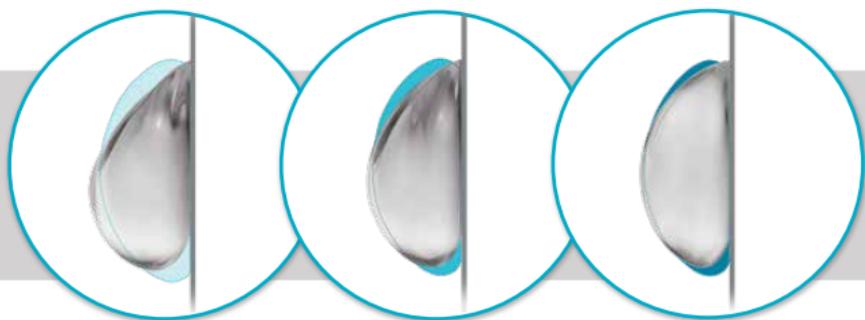
Projection means the distance your implants will extend forward from your chest wall. A higher projection can be a way to give the impression of a larger breast size. Only Natrelle[®] offers you 5 different projection options, all with optimal fill, to meet your aesthetic goals.^{1, 10}

Round breast implants

The upper part, or upper pole, of the breast can lose fullness over time due to gravity, resulting in a flatter, emptier look. Round implants fill out the existing breast tissue by adding volume, particularly to the upper pole of the breast, resulting in a “rounded” look.¹²

Gel

Only Natrelle® offers 3 different choices of silicone gels, which differ in firmness.¹ You should consult with your surgeon on which of these gel fillers may best suit your needs.



TruFORM® 1

Soft

The softest gel

TruFORM® 2

Slightly firm

A slightly firmer gel, offering shape control with natural movement and feeling

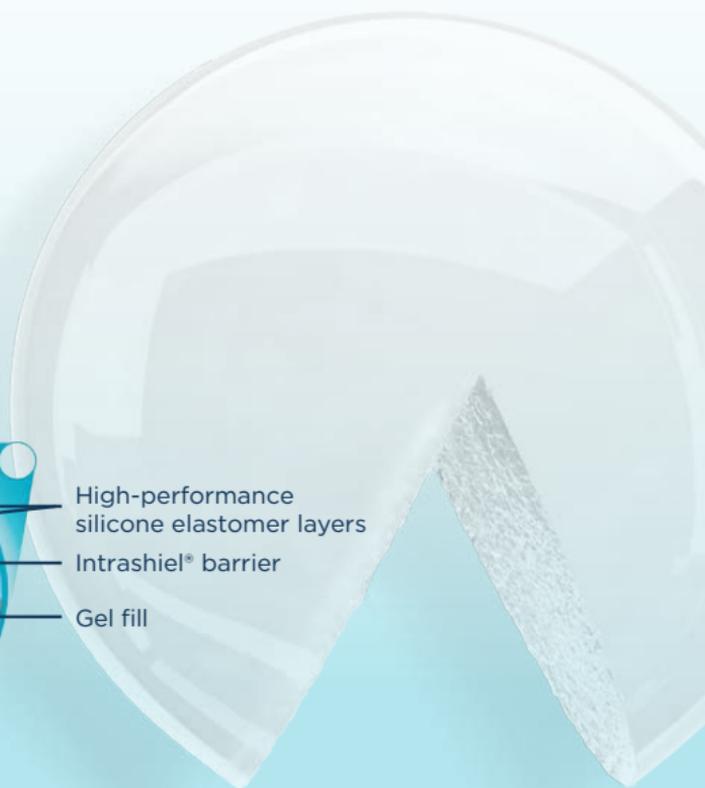
TruFORM® 3

Firm

The firmest gel for ultimate shape and control

Shell

Every Natrelle® Inspira® breast implant is surrounded by a state-of-the-art breast implant shell that is designed to keep the gel inside. This may reduce the risk of some breast implant complications.^{8, 13}



High-performance silicone elastomer layers

Intrashiel® barrier

Gel fill

“After the surgery,
**my breasts
looked amazing.**

They were buoyant,
they were voluptuous,
**they were a perfect
fit for my body.”**

—Laurelly



Pre- vs. post-augmentation: Real Natrelle® Inspira® patients

Minimal fullness



Very little fullness on top

Natrelle® Inspira® style
SCM-310

Pre-augmentation



Post-augmentation



Photos provided by Dr. Allen Gabriel.

Moderate fullness



Full look with slight roundness on top

Natrelle® Inspira® style
SSM-310

Pre-augmentation



Post-augmentation



Photos provided by Dr. Gaurav Bharti.

Enhanced fullness



Fuller look with more roundness on top

Natrelle® Inspira® style
SCF-650

Pre-augmentation



Post-augmentation

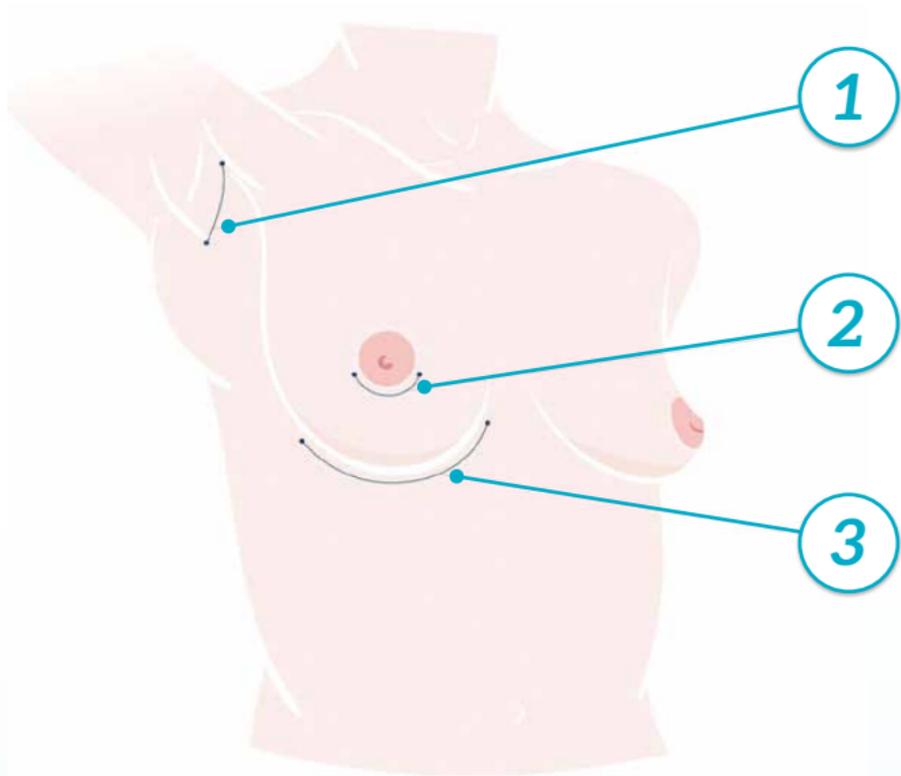


Photos provided by Dr. Allen Gabriel.

Actual Natrelle® patients. Individual results may vary.

Incision-site **options**

There are three common incision sites:¹⁴



1

Transaxillary (under the arm)

The incision is more concealed than the periareolar and is associated with less difficulty than the periareolar incision site when breastfeeding.

2

Periareolar (around the nipple)

This incision is typically more concealed but is associated with a higher risk of being unable to successfully breastfeed, as compared to other incision sites.

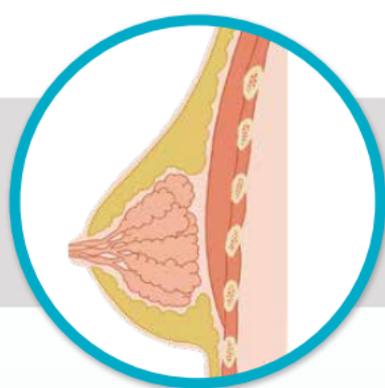
3

Inframammary (within the breast fold)

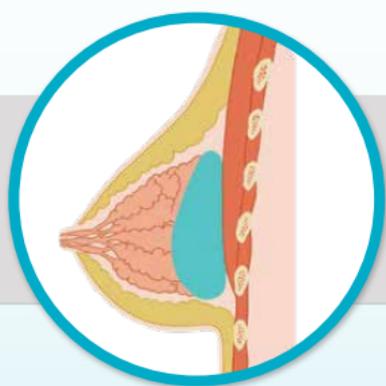
This is the most widely used method and is associated with less difficulty than the periareolar incision site with breastfeeding. Additionally, the incision is often well concealed in the fold under the breast.

Determining the placement of **your breast implants**¹³

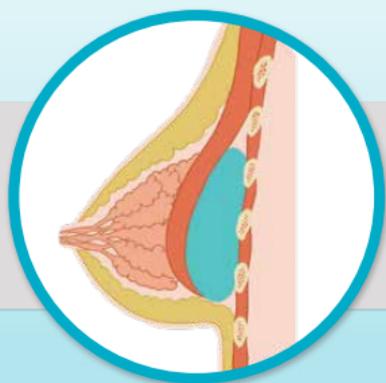
Your breast implant can be placed either wholly or partially under the **pectoralis** major “pec” muscle (**submuscular** or **dual plane**, respectively), or on top of the muscle and under the breast glands (**subglandular**). Discuss with your surgeon the advantages and disadvantages of the implant placement selected for you.



Breast before
augmentation



Breast after
subglandular
augmentation



Breast after
submuscular
augmentation

What to expect *during your recovery*

Your experiences during recovery are directly affected by what happens during your surgery. Shorter recovery times are now more common, thanks to advances in surgical techniques. During the immediate healing process (up to 3 months), it is generally recommended that you wear a post-operative surgical bra or breast binder to help stabilize the implants. Additionally, you will be required to refrain from vigorous exercise or other activities.⁷ For more information on what you can expect during and after your surgery, speak with your surgeon.

Post-operative *checklist*

Review this checklist with your surgeon to ensure you have received all your required information after your surgery



Device identification card(s)
Supplied to you following surgery



Device tracking form
Completed and returned by your surgeon's office to Allergan, if applicable



Post-operative care
Information for your specific post-operative care provided by your surgeon's office

Frequently asked *questions*

Are silicone implants safe to use?

Silicone is used safely in many medical devices and products, including pacemakers and heart valves, artificial joints, medical tubing, as well as everyday household items like baking pans, detergents, and fabrics.^{15,16} Silicone gel-filled breast implants are arguably the most studied medical devices in the world—there have been decades of research evaluating the safety and effectiveness of silicone implants.¹⁶ Silicone implants have been used extensively throughout the world, and are thought to look and feel natural.⁴

What are the potential complications with silicone implants?

Rupture

Breast implants are not lifetime devices.¹ Breast implants can **rupture** when the shell develops a tear or hole. Ruptures are more likely to occur the longer the implant is implanted. If your surgeon determines you have signs of a rupture, you should discuss having the implant and any gel removed, with or without replacement of the implant.¹⁷

Capsular contracture

The scar tissue (**capsule**) that normally forms around the implant may tighten and squeeze the implant, making your breast feel firmer and sometimes painful. This is called **capsular contracture**.¹⁸ Capsular contracture occurs more commonly in **revision augmentation** than in **primary augmentation**.¹⁹

Anaplastic large cell lymphoma (ALCL)

Anaplastic large cell lymphoma (ALCL) is a type of cancer that begins in the cells of the immune system.²⁰ It can occur in children and adults, including women with or without breast implants. Over the last two decades, there have been reports of ALCL occurring in women with breast implants. This has led the medical community to recognize a new and different type of ALCL referred to as Breast Implant-Associated ALCL, or BIA-ALCL for short.

Breast implant-associated anaplastic large cell lymphoma (BIA-ALCL)

BIA-ALCL is not breast cancer—it is a type of non-Hodgkin's lymphoma (cancer of the immune system). In most cases, BIA-ALCL is found in the scar tissue and fluid near the implant, but, in some cases, it can spread throughout the body. In the cases that it has spread beyond the scar tissue and fluid near the implant, rare cases of death have been reported.²¹

Health Canada recognizes a higher risk of BIA-ALCL with implants having a textured surface, especially those with a more highly textured surface as opposed to implants with a smoother surface.²¹

Do breast implants increase my likelihood of breast cancer?

Reports in the medical literature indicate that patients with breast implants are not at a greater risk than those without breast implants for developing breast cancer.¹³ Women with breast implants are still able to have accurate **mammograms**, though it may be more difficult. Women should ask to have their mammography exams performed and interpreted at centres experienced in the evaluation of women with breast implants. Other breast screening exams such as ultrasound and MRI can also be performed when necessary.

Can breast implants impact a mother's ability to breastfeed?

Studies have shown that mothers with breast implants do not have higher levels of silicone concentration in their breast milk than women who do not have breast implants. Many women with breast implants have successfully breastfed their children. However, breast surgery of any kind has the potential to impact **lactation** ability. Your plastic surgeon will discuss your options for incision placement, implant position, and other factors that could affect future breastfeeding.¹³



Actual Natrelle® patients.
Individual results may vary.



Use this section to record important dates and contact information related to ***your breast surgery***

Surgery date:

Surgery location:

Contact person at surgery location:

Contact phone number:

Post-operative appointment date:





“I feel like this is my true self,
this is who I am—
I’m really happy with the results.”

—Patricia

More COVERAGE for peace of mind

Silicone-filled breast implants

The Natrelle® ConfidencePlus™ Warranty Program:

	Rupture	Capsular contracture (Baker grade III/IV)†	Late seroma‡	BIA-ALCL§
Complimentary product replacement*	Lifetime	10 years	10 years	Lifetime
Financial assistance†	Up to \$3,500 USD within 10 years			Up to \$7,500 USD
Enrolment fee	Automatic—there is no fee			

For any warranty claim initiated on or after January 1, 2020.

Saline-filled breast implants

The Natrelle® ConfidencePlus™ Warranty Program:

	Saline deflation	Capsular contracture (Baker grade III/IV)†	Late seroma‡	BIA-ALCL§
Complimentary product replacement*	Lifetime (Complimentary round silicone-gel implant upgrades upon request)	10 years	10 years	Lifetime
Financial assistance†	Up to \$1,200 USD within 10 years			Up to \$7,500 USD
Enrolment fee	Automatic—there is no fee			

For any warranty claim initiated on or after January 1, 2020.

The Natrelle® ConfidencePlus™ Premier Warranty Program (saline warranty upgrade):

When purchased within 45 days following implantation surgery, the Natrelle® ConfidencePlus™ Premier Warranty Program includes all the benefits of the ConfidencePlus™ Warranty Program, plus:

	Saline deflation
Financial assistance†	 Up to \$3,500 USD within 10 years
Enrolment fee	\$200 USD—must enrol within 45 days of implantation surgery

The Natrelle® ConfidencePlus™ warranty does not include coverage for elective or preventative removal of breast implants.

For complete Natrelle® ConfidencePlus™ Warranty Program details and restrictions, please visit [Natrelle.ca](https://www.natrelle.ca)

BIA-ALCL, breast implant-associated anaplastic large cell lymphoma.

* Free **contralateral** breast implant replacement at surgeon's request.

† For out-of-pocket expenses not covered by insurance; subject to review and approval by Allergan following submission of all required documentation.

‡ For cases diagnosed within 10 years of the original surgery date.

§ BIA-ALCL coverage applies to all Natrelle® breast implants.

Our **long-standing commitment** to creating a natural look and feel



medical aesthetics company²²



years as a global leader in breast aesthetics^{13*}



countries worldwide²³

Glossary

The defined words in this glossary are **bold** the first time they appear within this brochure.

Anaplastic large cell lymphoma (ALCL): A type of lymphoma, which is a cancer that begins in the cells of the immune system and can also occur in the breasts. A variety of ALCLs may occur in women with or without breast implants. When associated with implants, ALCL is often referred to as Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL). ALCL is not the same as primary breast cancer.

Areola: The pigmented or darker-coloured area of skin surrounding the nipple of the breast.

Augmentation: To make something larger in size.

Axillary nodes: Nodes located in the armpit area.

Bilateral: Affecting the right and left sides of the body (i.e., both breasts).

Breast augmentation: A surgical procedure to increase breast size. For this brochure, it refers to the placement of a breast implant.

Breast reconstruction: A surgical procedure 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.

Capsular contracture: A tightening of the tissue capsule surrounding an implant, resulting in firmness or hardening of the breast and squeezing of the implant if severe. Capsular contracture is classified by Baker grades, where grades III or IV are the most severe, and contracture often results in the need for additional surgery because of pain and possible abnormal appearance. Capsular contracture can be a risk for rupture.

Capsule: Scar tissue that forms around the breast implant.

cc: Cubic centimetre—the measurement used for breast volume.

Contralateral: Opposite side.

Double capsule: The implant and breast are found as 2 separated layers, or capsules, rather than as one unified capsule.

Drain: Tubes may be placed at the site of implant(s) post-surgery in order to remove any excess fluid buildup.

Dual plane placement: Placement of breast implants partially underneath the chest muscles.

Hematoma: A collection of blood within a space.

Incision: A cut made to the body tissue during surgery.

Inframammary: Below the breast. An inframammary incision is an incision made in the fold below the breast.

Lactation: The production and secretion of milk by glands in the breast.

Mammograms: A type of X-ray examination of the breast used to detect cancer.

Pectoralis: Major muscle of the chest; also known as “pec.”

Periareolar: Around the darkened or pigmented area surrounding the nipple of the breast.

Post-operative: After surgery.

Primary augmentation: The first time a breast implant is placed for the purpose of breast augmentation.

Pre-operative: Before surgery.

Revision augmentation: The correction or improvement of primary augmentation. For this brochure, it refers to the surgical removal and replacement of breast implants.

Rupture: A tear or hole in the implant shell. Saline implants will deflate when they rupture.

Saline: A liquid solution that is made up of water and a small amount of salt.

Seroma: A buildup of the watery portion of the blood in a tissue location.

Subglandular placement: Placement of breast implants underneath and within the breast glands, but on top of the chest muscles.

Submuscular placement: Placement of breast implants wholly or partially underneath the chest muscles.

Symmetry: Having proportion of shape, size, and position between the two breasts.

Transaxillary: Axillary pertains to the armpit area. A transaxillary incision is an incision made in the armpit area.

Unilateral: Affecting either the right or left side of the body (i.e., one breast).

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Educate yourself about the risks as well as *the rewards*

Breast augmentation surgery is not without risks and complications. The decision whether or not to have surgery and which procedure is right for you should be discussed with a trained and certified plastic surgeon.

For a full listing of risks and complications, please visit www.allergan.ca/en-ca/products/medical-devices.aspx

For more information, visit natrelle.ca



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Natrelle

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