

Natrelle®

Your guide  
to **breast**  
**augmentation**

For a look and feel that's uniquely you



Actual Natrelle® patient.  
Individual results may vary.

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

Actual *Natrelle*<sup>®</sup> patient.  
Individual results may vary.



# Are breast implants RIGHT FOR ME?

## There are many reasons you may be considering breast augmentation.

Maybe you've always wanted more fullness—or have noticed your breasts change over time. No matter the reason, the most important thing to consider is **what's right for you**. You deserve to look and feel your best.

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

### Educate yourself

Take time to become informed. Ask friends and family who have had breast implant surgery about their experience, or do some research online. However, your surgeon is *your most valuable resource*. They are in the best position 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.

### Do it for yourself

Ask yourself: *Why do I want breast augmentation? How do I want to feel?* Understanding your personal motivations and goals is one of the most important parts of the decision-making process.

### Set realistic expectations

Talk openly with your surgeon about your expectations from surgery. The right solution is one that balances what you want with what will complement your body type and what your breast tissue will allow.<sup>1</sup>

# Current generation SILICONE IMPLANTS

Silicone implants have been used extensively around the world and have been available in Canada since 2006 for both breast augmentation and **breast reconstruction** surgery.<sup>2,3</sup> They are often preferred over **saline**-filled implants for their more natural look and feel.<sup>4</sup>

Over the past years, silicone implant technology has evolved to:<sup>5-8</sup>



Hold their *shape* better over time



Have *fewer complications*—such as rupturing and **capsular contracture**



Provide *more choice* in implant shapes and sizes



Improvements in silicone implant technology are intended to provide you with a more natural look.<sup>9</sup>

**92% of patients were satisfied with Natrelle® INSPIRA® smooth implants 2-4 years post-surgery<sup>10</sup>**

# 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.

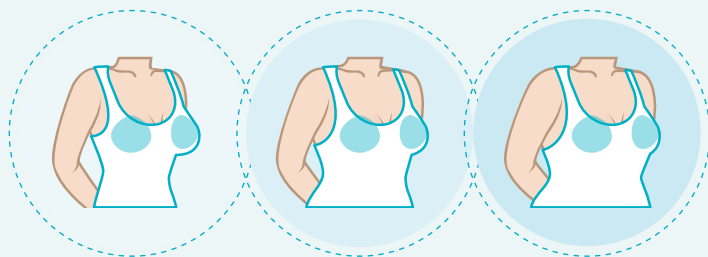
Before your surgeon recommends an implant, they will preform a series of comprehensive measurements and evaluate your skin and breast tissue characteristics in a process known as biodimensional planning. These measurements play a key role in determining what kind of implant fits your unique shape.<sup>1,10</sup>

## Your surgeon will also consider:<sup>1,11</sup>

- 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.<sup>1,11</sup> 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 much more than just choosing a cup size or volume. Both the size and shape of the breast implant should fit your body type. For example, an implant that is too large can lead to stretching of the skin, early drooping and the need for future corrective surgeries. Here you'll see how the same implant fits different body types:



Height: 156 cm  
Weight: 60 kg

Height: 167 cm  
Weight: 61 kg

Height: 178 cm  
Weight: 64 kg

# What should I ask my plastic surgeon BEFORE SURGERY?

Having all your questions answered can help you feel more confident about your decision and ensure you get the results you want.

## Consider asking your surgeon these questions 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, like a breast lift?
- ✓ 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?
- ✓ What can I do to optimize my scar healing and appearance?
- ✓ 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

A customizable look for every curve, for every shape, for EVERY BODY

By offering **5 projections**, and providing over **240 options**, Natrelle® helps you achieve your desired look. Your plastic surgeon will discuss with you the implant size that will help you achieve the results you desire.

Inspiring the Perfect Fit with *Natrelle* INSPIRA®.

**Maximum Fullness**

**FULLEST LOOK with a very rounded top**

Primary Augmentation With *Natrelle* INSPIRA® Cohesive

BEFORE      AFTER

**Enhanced Fullness**

**FULLER LOOK with more roundness on top**

Primary Augmentation With *Natrelle* INSPIRA® Soft Touch

BEFORE      AFTER

**Moderate Fullness**

**FULL LOOK with slight roundness on top**

Primary Augmentation With *Natrelle* INSPIRA® Soft Touch

BEFORE      AFTER

**Minimal Fullness**

**VERY LITTLE fullness on top**

Primary Augmentation With *Natrelle* INSPIRA® Soft Touch

BEFORE      AFTER

All photos provided by Dr. Alan Gabriel. Individual results may vary.

## The Aesthetic of You

The right *Natrelle*® implant will balance your goals and what works with your body. Here are factors you and your surgeon will consider:

### Width

Selecting the proper implant width is critical to help ensure your long-term satisfaction with your breast surgery.

*Natrelle* INSPIRA® 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.<sup>1,11</sup>

### 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* INSPIRA® offers a wide range of volumes, so you and your surgeon will be able to find the volume that you are looking for.<sup>1,11</sup>

### 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.

*Natrelle* INSPIRA® Inspira® offers you 5 different projection options, all with optimal fill, to meet your aesthetic goals.<sup>1,11</sup>

### Shape

The upper part, or upper pole, of the breast can lose fullness and flatten over time. A soft, round implant shape can help restore fullness in the upper pole of the breast, creating natural soft cleavage.<sup>13</sup>

*Natrelle* INSPIRA® offers a range of round implants, adding volume to the upper pole, so you can achieve your desired look.<sup>1,11</sup>

# Soft to the Touch

Only **Natrelle**® offers 3 different choices of silicone gels, to ensure your implants feel just like you and create your desired shape.<sup>1</sup> You should consult with your surgeon on which of these gel options may best suit your needs.

## TruForm® 1 Soft

The softest gel



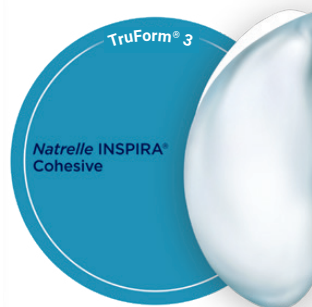
## TruForm® 2 Slightly firm

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



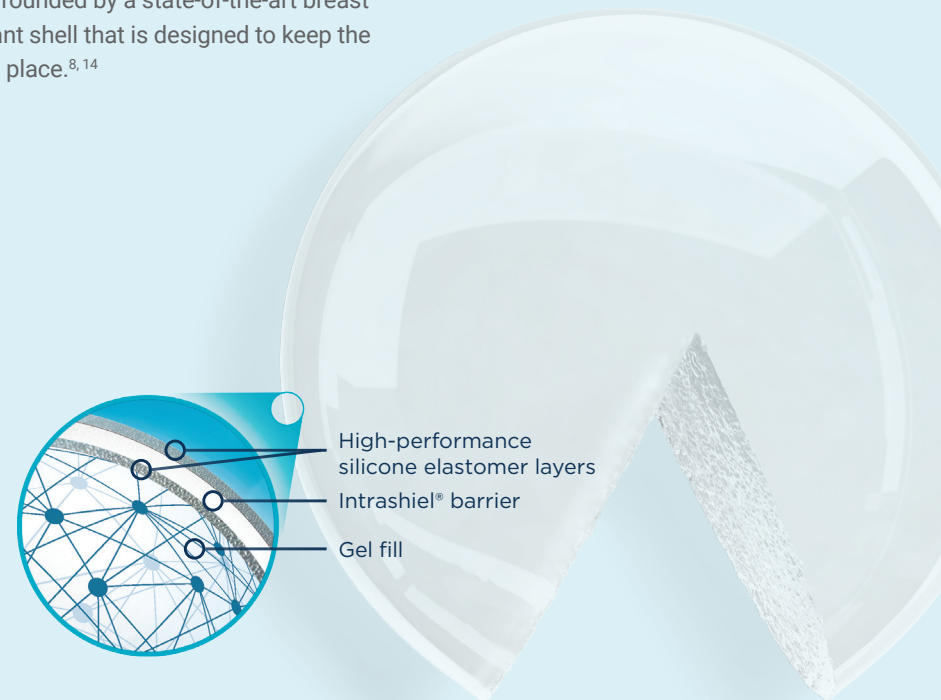
## TruForm® 3 Firm

The firmest gel for ultimate shape and control



## A strong shell for your gel

Every **Natrelle** INSPIRA® breast implant is surrounded by a state-of-the-art breast implant shell that is designed to keep the gel in place.<sup>8,14</sup>



## The aesthetic benefit?

Our shell + gel together help maintain shape, create upper pole fullness, and retain a soft feel.

## Upper Pole Fullness

This term refers to the shape and contour your breast implants add to the top portion of your breasts above the nipple. The more volume added, the more increased cleavage.

\*Significance inside the body has not been established.

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

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

—Laurelly



# Real patients, REAL RESULTS

Before and afters of *Natrelle* INSPIRA® patients



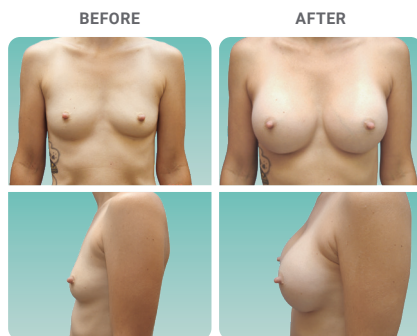
**Minimal fullness**  
Very little fullness on top

*Natrelle* INSPIRA® style  
SCM-310



**Moderate fullness**  
Full look with slight roundness on top

*Natrelle* INSPIRA® style  
SSM-310



**Enhanced fullness**  
Fuller look with more roundness on top

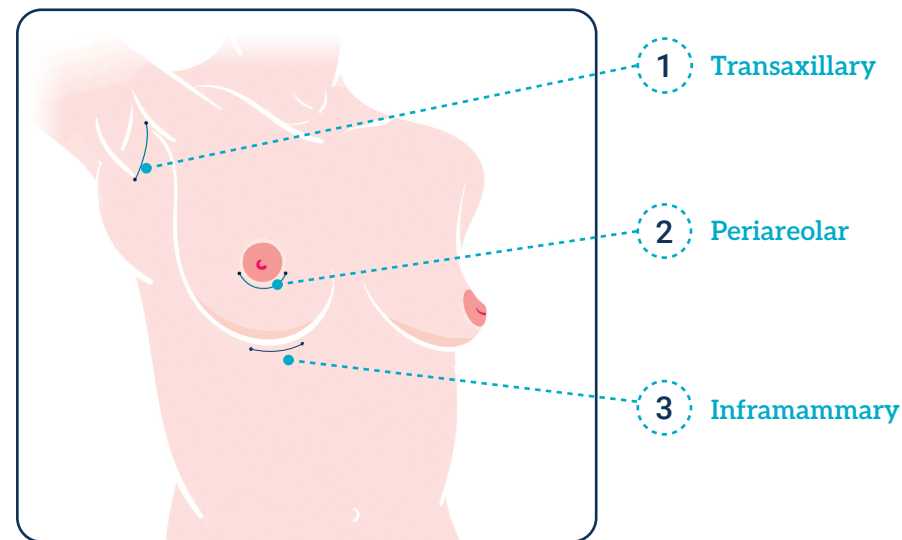
*Natrelle* INSPIRA® style  
SCF-650



## THE SURGERY

Where will my incision be?

There are three common incision sites:<sup>15</sup>



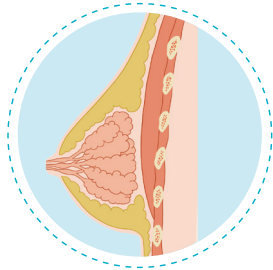
- 1 Transaxillary** (under the arm)  
This incision is concealed in the armpit and leads to a scarless breast. Revision surgery may require the use of a different incision.
- 2 Periareolar** (around the nipple)  
This incision blends well with the colour of the areola and can be concealed well. It may result in slightly indented scars.
- 3 Inframammary** (within the breast fold)  
This is the most widely used incision and is generally well concealed within the breast fold. It may be visible in patients with a poorly defined breast fold.

**Your surgeon will discuss your incision options with you.  
Be sure to ask any questions you have.**

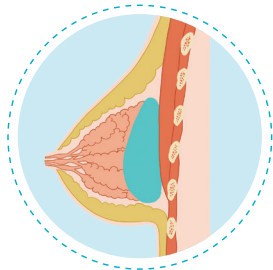
# Where will my BREAST IMPLANTS be placed?

Your breast implants 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**), as shown here:<sup>14</sup>

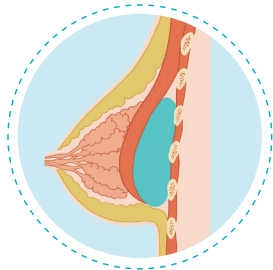
Breast before augmentation



Breast after subglandular augmentation



Breast after submuscular augmentation



**Ask your surgeon about the advantages and disadvantages of each placement option.**

# What can I expect DURING RECOVERY?

It's natural to wonder how you'll feel after surgery. The good news: shorter recovery times are now more common, thanks to advances in surgical techniques. Although everyone's experience is different, here is what you can generally expect:

- Pain is usually minimal and subsides quickly over the first week of recovery.
- Sleeping on your back is generally recommended for a period of time to help the implant position to stabilize.
- You will be required to refrain from vigorous exercise or other activities.<sup>7</sup>

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?

Yes. Silicone is used safely in many medical devices and products, including pacemakers, heart valves, artificial joints and medical tubing.<sup>16,17</sup> Silicone gel-filled breast implants are arguably the most studied medical devices in the world—with decades of research.<sup>17</sup> Silicone implants have been used extensively throughout the world, and in Canada since 2006.

## What are the potential complications with silicone implants?

Like any medical device, there is a risk of complications with silicone implants. Here are the most common:

### Rupture

It's important to know that breast implants are not lifetime devices.<sup>1</sup> Breast implants can **rupture** when the shell develops a tear or hole. Ruptures are more likely to occur the longer the implant is in the body. 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.<sup>18</sup>

### Capsular contracture

A **capsule** is the layer of natural tissue that your body forms around the implant. This capsule becomes the home for the new implant, keeping it secure and stable in its position. Over time, this capsule occasionally becomes tighter—this is called **capsular contracture**. This is not dangerous; however, it can change the shape and feel of the implant, giving it a firmer quality. This often requires surgical adjustment.

### Anaplastic large cell lymphoma (ALCL)

**Anaplastic large cell lymphoma (ALCL)** is a type of cancer that begins in the cells of the immune system.<sup>20</sup> 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. If you have any concerns or questions, your surgeon is there to help.

### 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.<sup>21</sup>

Health Canada recognizes a higher risk of BIA-ALCL with implants having a textured surface, versus those with a smoother surface.<sup>21</sup>

## Do breast implants increase my likelihood of breast cancer?

No. Medical studies indicate that patients with breast implants are not at a greater risk than those without breast implants for developing breast cancer.<sup>14</sup> 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?

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.<sup>14</sup>

## How long will it take my implants to settle?

Implants can take varying amounts of time to settle based on a number of factors, including individual anatomy, implant size, and how they are implanted. On average, implants will take 2-4 months to settle. There is no right or wrong length of time—let your surgeon be your guide during your recovery process.

## Do I need to have my implants replaced every 10 years?

No. It is a common misconception that implants require replacement every decade. With improvements in technology and more stable gels, your implants should not require replacement unless you have concerns, symptoms, or a change in your aesthetic preferences.

Uniquely NATRELLE<sup>®</sup>,  
UNIQUELY YOU

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 [allerganaesthetics.ca/en/our-products/medical-devices](http://allerganaesthetics.ca/en/our-products/medical-devices)



Actual Natrelle® patient. Individual results may vary.





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

—Patricia

We've got you  
**COVERED**



The Natrella® ConfidencePlus®  
**WARRANTY PROGRAM**  
Coverage for your Breast Implants

You're Covered!

When you choose Natrella INSPIRA® Breast Implants, you're automatically enrolled in the Natrella® ConfidencePlus warranty program, so you can have peace of mind knowing you have comprehensive implant coverage.

For complete Natrella® ConfidencePlus™ Warranty Program details and restrictions, please visit [Natrella.ca](http://Natrella.ca)

**SILICONE-FILLED** breast implants

The Natrella® 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 <b>no fee</b>			

For any warranty claim initiated **on or after July 1, 2025**.

**SALINE-FILLED** breast implants

The Natrella® 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 <b>no fee</b>			

For any warranty claim initiated **on or after July 1, 2025**.

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 Natrella® breast implants.

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

#1

medical aesthetics company<sup>22</sup>

50

years as a global leader in breast aesthetics<sup>14\*</sup>

100+

countries worldwide<sup>23</sup>

## Glossary

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

# Glossary

**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.

**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.

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

**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.

**Pre-operative:** Before surgery.

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

**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.

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*Natrelle*



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