



Things you
should know
about your life with

BREAST IMPLANTS

Welcome to life with breast implants!

Whether you are considering breast implants, or have already had your breast surgery, it is especially important to stay on top of your breast health. This guide will help you navigate breast health milestones, lifestyle changes, and other topics of interest in your life with breast implants. While your plastic surgeon should always be your first resource for important questions, you may find this guide helpful in answering some common questions and concerns.

Remember

- 1 ASK YOUR PLASTIC SURGEON FOR A COPY OF YOUR OPERATION REPORT.
- 2 KEEP ALL BREAST IMPLANT-RELATED DOCUMENTS IN A SAFE PLACE.
- 3 YOU CAN REFER BACK TO THIS BOOKLET WHENEVER YOU NEED TO.

#1 Your plastic surgeon is your new best friend

Your plastic surgeon is the best resource for reliable information about breast implants. As you will be returning for follow-up care in the weeks and months after surgery, remember to inform your plastic surgeon's office if your contact information changes.

Name of plastic surgeon:

Date of surgery:

Implant model:

Implant serial number(s):

Left: _____ Right: _____

#2

You can still get your daily dose of **endorphins**

After surgery, ask your surgeon when you can begin exercising and about any precautions you should take. Once fully recovered and cleared for exercise, most patients may return to an active lifestyle. **Some tips:**

- > Ensure you know where your implants are placed: behind the chest muscle or in front.
- > Be cautious during any activity that puts pressure on your breasts or while doing strenuous exercises.
- > Wear a supportive bra.
- > Listen to your body: if an exercise causes swelling or discomfort, stop and notify your surgeon.



TALK TO YOUR PLASTIC SURGEON ABOUT ANY NEW EXERCISE ROUTINE OR IF YOU HAVE ANY QUESTIONS ABOUT CERTAIN ACTIVITIES. IF YOU EXPERIENCE PAIN, CONTACT YOUR PLASTIC SURGEON RIGHT AWAY.

#3

Supportive bras help **maintain** your results

Wearing a supportive bra after surgery is an important part of maintaining your results over time. Consistent bra wear helps protect against the natural effects of gravity and aging, supporting both the breast tissue and implant. It also helps preserve the relationship between your natural breast and the implant, keeping their overall shape and position in balance.

WEARING A SUPPORTIVE BRA IS AN EASY, EVERYDAY WAY TO MAINTAIN YOUR RESULTS AND HELP ENSURE YOU'RE SATISFIED IN THE LONG-TERM.





#4

Your breasts' appearance may **CHANGE**

The breast contains fatty tissue and may respond to changes in your body, similarly to how it may have responded prior to breast implants.

Factors that may affect the size/shape of your breasts:

- > Weight loss
- > Weight gain
- > Pregnancy
- > Breastfeeding
- > Aging and the effects of gravity/loss of skin elasticity

#5

Breast implants do not prevent those with implants from getting accurate **mammograms**

Breast implants should not get in the way of your regular breast health screening. Advocate to have your mammogram performed and interpreted in a centre experienced with the special views required for breasts with implants. Other breast screening exams, such as ultrasound and MRI, can also be performed when necessary.



A woman with long blonde hair is shown from the side, holding a sleeping baby against her chest. The baby is wearing a white patterned onesie. The woman is wearing a light blue tank top. The background is bright and out of focus, suggesting an indoor setting with natural light.

#6

You may still be
curious about
breastfeeding
with implants

A common concern for many women considering breast augmentation is whether it will affect their ability to breastfeed in the future. The good news: for the vast majority of patients, breast augmentation does not interfere with breastfeeding.

Breast implants are placed deep within the breast tissue, so do not directly interfere with breast anatomy or function. When performed by a qualified surgeon, the risk of impacting milk production or delivery is very low.

Note: For breast augmentation patients only.

Talk to your plastic surgeon, gynecologist, or lactation nurse if you have questions about breastfeeding with implants.

EVERY WOMAN'S
experience may be different.



#7

Do self-exams often to check in with your breasts

You will need to learn the new feel of your breasts with implants. It is possible that you could feel the edge of your implant. If you had a mastectomy for breast cancer, a breast-lifting procedure or a reduction, your breast will feel different. You need to learn your “new normal” to be aware of any changes.

Women are encouraged to perform a monthly self-exam for breast cancer, no matter their age. With breast implants, self-examinations for breast cancer may feel different.

Ask your doctor to help you distinguish the implant from your breast tissue.

#8

Get your breasts checked regularly by a professional

Health Canada and the Canadian Expert Advisory Panel on silicone gel-filled breast implants advocate the following approach to monitor patients with breast implants. In consideration of all the available scientific information, it has been suggested that the process for determining implant integrity (e.g. rupture) should be related to clinical signs and symptoms.

The following 6-step process is recommended for screening silicone gel-filled breast implant ruptures:

- 1 PERFORMING REGULAR SELF-EXAMINATIONS
- 2 LOOKING OUT FOR ANY NEW SIGNS AND SYMPTOMS YOU MAY EXPERIENCE
- 3 GETTING REGULAR PHYSICAL EXAMINATIONS BY YOUR HEALTHCARE PROVIDER AND IN THE EVENT THAT YOU NOTICE ANY ABNORMALITIES ON YOUR BREASTS
- 4 YOUR HEALTHCARE PROVIDER MAY SUGGEST GETTING AN ULTRASOUND, MAMMOGRAM, OR BOTH
- 5 AN MRI MAY BE REQUIRED IF YOUR ULTRASOUND IS NEGATIVE OR INCONCLUSIVE
- 6 CONSULT YOUR PLASTIC SURGEON IF YOU NEED THE IMPLANTS TO BE REMOVED OR REPLACED

TIP

Ask your surgeon to send a letter about your operation details to your family doctor or healthcare provider. This will let them know if any future changes to your health are related to your surgery. They will know what signs and symptoms to look for if you experience any health issues.

A woman with brown hair tied back, wearing glasses and a dark top, is sitting on a bed with white linens. She is looking down at a smartphone in her hands. The background is a bright, slightly out-of-focus window with light-colored curtains.

#9

Look out for breast changes that may be related to your implants

It is possible to develop conditions related to your implant, although this is relatively rare. See the next page for more information.

Keep in mind that breast implants are not a lifetime device, and breast implantation is not necessarily a one-time surgery. If you have any questions, your surgeon is your best source for guidance.

Potential implant-related conditions

> CAPSULAR CONTRACTURE:

A capsule is connective tissue that normally forms around any device as a reaction to its presence in your body. Capsular contracture occurs when the normal capsule tightens up and squeezes the implant. This can make the implant feel firmer, distort the appearance of the breast, and can be painful

> BREAST IMPLANT ASSOCIATED ANAPLASTIC LARGE CELL LYMPHOMA (BIA-ALCL):

Individuals with breast implants have a risk of developing 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 have been spread beyond the scar tissue and fluid near the implant, rare cases of death have been reported

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. If you have breast implants, there is no need to change your routine medical care

and follow-up. If you notice changes in the way your breasts look and feel after you recover from surgery—including swelling or pain around your breast implants, be sure to talk to your health care provider about the possibility of BIA-ALCL

For additional information on Health Canada's safety review of BIA-ALCL and breast implants, please visit: <https://hpr-rps.hres.ca/reg-content/summary-safety-review-detail.php?lang=en&linkID=SSR00223>

> IMPLANT RUPTURE:

Implants are not lifetime devices. A rupture can occur when the shell of the implant develops a tear or hole. The longer the implants are in place, the higher the chance of rupture. Most gel ruptures occur without symptoms and are best detected by MRI

> SEROMA:

A seroma is a collection of fluid that occurs in the body after a surgical procedure or trauma. It can occur early after surgery or many years later. It presents as swelling in the breast, bruising, can be painful, and may be accompanied by fever. If this occurs contact your surgeon for evaluation

These and other breast implant-related complications may arise after your surgery. Talk to your surgeon if you experience any changes to the look or feel of your breasts. Some of these changes may include pain, swelling, lumps in your breast or armpit, tingling, hardening, or changes in sensation.

FYI

Early diagnosis and treatment are key to a good outcome.

#10 Your implants come with a **warranty**

Coverage varies across manufacturers, but many include free and automatic enrolment. Check with your plastic surgeon to find out what kind of coverage you have.

#11 Your implants will not last **forever**

Breast implants are not lifetime devices, and breast implantation is not a one-time surgery.

The longer you have your implants, the more likely you will need them removed or replaced.

Breasts change with time, pregnancy, weight gain or loss, and hormonal changes. Your plastic surgeon is your best resource for recommending procedures that fit your lifestyle and aesthetic goals.



Be your own breast advocate

Is it time to check in with your breasts?

LAST FOLLOW-UP VISIT: _____

NEXT FOLLOW-UP VISIT: _____



Routinely examine your breasts so you know if there are changes.



See your healthcare provider regularly for exams and sooner if you notice any changes.



Follow the Canadian Cancer Society's guidelines for mammograms.



If you move, contact your healthcare provider's office with your new address and ask for recommendations for a healthcare provider in your new location.



Don't take no for an answer. If you have a concern that you feel has not been appropriately addressed, get a second opinion.

**Allergan
Aesthetics**

an AbbVie company

All trademarks are the property of their respective owners.
© 2025 AbbVie. All rights reserved.

CA-NAT-250026 10/25