

# Natrelle®

## PREPARE FOR A NEW LOOK

Your consultation discussion guide



Your consultation is the perfect time to talk to your surgeon about the look you want.

These 4 tips could help prepare you for your appointment.

### 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

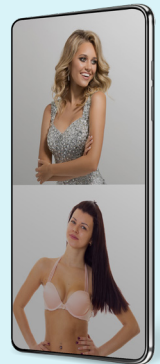
### 3 Know your Natrelle® OPTIONS

Only Natrelle® offers 3 different gummy gels for a range of softness.



### 4 SHARE photos

Bringing photos of your desired look is a great way to show your surgeon what you have in mind.



VISIT NATRELLE.COM TO LEARN MORE ABOUT YOUR DESIRED LOOK

#### Natrelle® 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. How many breast augmentations with implants do you perform per year?
3. How many years have you been performing breast augmentations?
4. What is your reoperation rate, and what is the most common type of reoperation you perform?



## Understanding *Natrelle*<sup>®</sup> breast implants

1. What types of implants do you primarily use (saline or gel/silicone)?
2. Do you have any before-and-after photos of patients with *Natrelle*<sup>®</sup> breast implants to help me understand what results are reasonable for me to expect?
3. Do you have any *Natrelle* INSPIRA<sup>®</sup> breast implants I can feel?
4. What are the differences between the gummy gels in *Natrelle* INSPIRA<sup>®</sup> implants?
5. Do implants come with a warranty?
6. What are the risks and complications associated with having *Natrelle*<sup>®</sup> breast implants?



## What does surgery consist of?

1. How long will the surgery take?
2. Do you perform surgery in a hospital, or in a surgical center?
3. What shape, size, and placement site is recommended for me?
4. Where will my incision be? Will I have a scar?
5. How long do breast implants usually last?
6. What are the complications with breast augmentation surgery?
7. How many additional operations can I expect over my lifetime?



## What can I expect post surgery?

1. What can I expect during my recovery?
2. On average, how soon after surgery can I exercise?
3. Is there anything I can do to help reduce the look of scars?
4. What will my breast implants likely look like over time?
5. What are the risks and complications with having breast implants?
6. How will breast implants affect having a mammogram?
7. How can I expect my breast implants to look after pregnancy? After breastfeeding?
8. How will my ability to breastfeed be affected?
9. Will my look change if I gain or lose weight?
10. How will my breasts look if I decide to have the implants removed without replacement?

### ***Natrelle*<sup>®</sup> Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)**

#### **Who can get breast implants?**

*Natrelle*<sup>®</sup> 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*<sup>®</sup>

## **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](http://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.