

Your Breasts. Your Vision.

Breast Augmentation Guide





Own the Day

Whether you've already made the choice to have breast augmentation, or you're still weighing your options—it's personal. It's about more than looking your best—it's about feeling your best and being your best. It's about the triumph of starting a new journey. It's about owning who you are and owning each and every day.

That's why MENTOR® offers you choices. Because you know your body best. And this is all for you.

Own your choices. Own your confidence. *Own* the Day.

Let's Begin Your New Journey

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Over *6*
Million
Women Have Trusted
MENTOR®



Meet *Stephanie*

Age: 25
Status: Single
Lifestyle: Works hard, plays hard

Stephanie is a grad school student, works full time, and loves traveling, Pilates, and shopping. She's planning a tropical vacation next summer and looking forward to wearing a bikini with her new breasts. She wants to have confidence she'll be highly satisfied with the implants she chooses.



97%
Patients
Highly Satisfied^{†1}
with Their Breast
Augmentation Decision



98%

Highest Rated
on realself.com²

Most
Popular

Highest Number
of Reviews
on realself.com²

Meet *Michelle*

Age: 34
Status: Married
Lifestyle: Busy mom and real woman

Michelle is a working mom looking to regain the look of her breasts after having 3 children close in age. She wants to enhance her breast size with an augmentation. She is searching for quality breast implants that have been rated highly by other women who also have a busy and active lifestyle.



Meet *Victoria*

Age: 45
Status: Married
Lifestyle: Making herself a priority again

Now that Victoria's children have left for college, she's ready for the next stage in her life. She wants to turn back the clock and regain her more youthful breasts, so the time is right for the breast augmentation and lift she's been considering. She wants to choose only the most trusted name in breast implants.





Your *Breasts*. Your *Journey*.

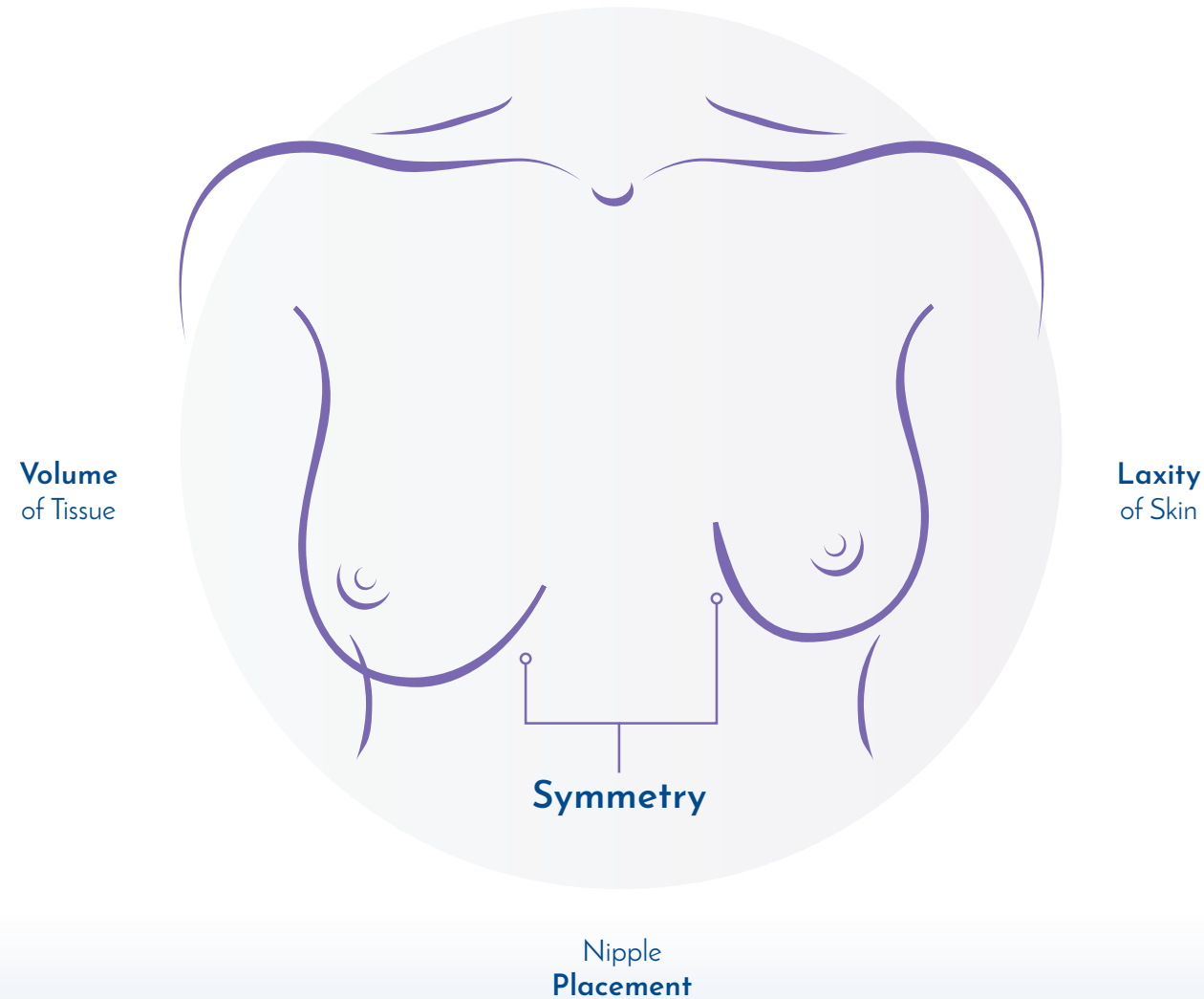
There's a lot to consider when making choices about your breast enhancement. And your choices are personal. You have your own reasons for starting this journey and your look will be unique to you. This section will help you understand the different breast characteristics you're looking for and help you have a complete discussion with your surgeon.

Let's Start
Your Journey
Together
BreastImplantsByMentor.com



Your Body Shapes Your Choices

There are many things to consider when it comes to your breast implants. When choosing a size, shape, and style, you and your surgeon will consider breast features such as the tissue volume of your breasts, your skin laxity, nipple placement, and breast symmetry.



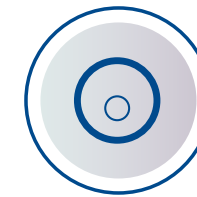
Volume of Tissue

Your doctor will look at how much volume you have to begin with and how much soft tissue coverage you will have with an implant.



Laxity of Skin

Skin laxity, or the looseness and stretchiness of your skin, determines whether or not you also need a breast lift. Laxity means there is some sagginess to consider.



Nipple Placement

Nipple placement may vary between your two breasts. Breast augmentation can draw attention to the differences in size, placement and direction. Aesthetic preferences vary by patient.



Symmetry

Each of your breasts are a different size. Depending on how different they are, you may need to select differently sized implants to improve their symmetry.

Choose the Right Style for You

Here’s what you need to know about your choices in breast implants. Only you know what you are looking for, so consider these important factors and discuss them with your surgeon.

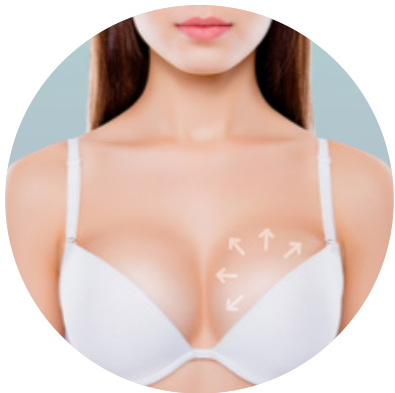


Projection

Projection is the profile of the breast implant, or how far forward it sits from your chest.

Fullness

Fullness means how round and full the breast appears. The fuller your breasts are, the more enhanced you will look, as if you are wearing a push-up bra.



Your Breasts, Your Look

Imagine yourself after your breast augmentation—in that outfit you can’t wait to wear! What do you see? What type of breasts do you picture yourself with?





TRUSTED OVER
30
Years

Your *Breasts.* Your *Choice.*

Your goals are unique to you—and that's why your breast implants will be too.

One of the most important choices you'll make will be your implants themselves—you'll consider the shape, type and surface—to give you the breasts that are right for you.

The Right Breast Implants for You

MENTOR® Breast Implants come in many shapes, sizes, and surfaces. Each style offers something different for your individual body and lifestyle, so you can find the right breast implant for you.



ROUND GEL IMPLANTS

- Pre-filled with proprietary cohesive silicone gel (also known as “gummy”)
- Two shell surfaces: smooth and textured
- Most commonly used breast implant in the U.S.

Round Gel

Shaped Gel



SHAPED GEL IMPLANTS

- Contoured tear-drop shape
- Textured shell
- Pre-filled with proprietary cohesive gel (also known as “gummy”)

Saline

SALINE IMPLANTS

- Filled with sterile saline water similar to fluid found in the body
- Flexible fill in the operating room
- Firmer feel vs. cohesive silicone gel

MENTOR® MemoryGel® Breast Implants

Own the day with our most popular implant choice. Millions of women have enhanced their looks and lives with the natural feel of MENTOR® MemoryGel® Breast Implants.



97%
Satisfied
WOMEN^{§,1}

MemoryGel® Breast Implants Have the
*Soft, Natural Feel*⁴
Women Prefer[‡]

- Gel filler holds together uniformly to look and feel like natural breast tissue^{‡5,21}
- Set fill volume for predictable results
- Six projection options: moderate classic, moderate plus, high profile and ultra high profile, moderate plus Xtra and high profile Xtra

 **MENTOR®**
MemoryGel® Xtra



9 out of 10
Women Chose
MENTOR®^{*4}

MemoryGel® Xtra Breast Implants Have Increased
*Projection, Fullness and Firmness*⁶



Projection

More projecting than 90% of corresponding profiles for another leading brand.¹⁶



Fullness

Precision-filled and provide increased fullness when compared to MemoryGel® Breast Implants.²²



Firmness

Feels soft and natural, with increased firmness over MemoryGel® Breast Implants.²³

MENTOR® MemoryShape® Breast Implants

Looking for a natural shape and feel? MENTOR® MemoryShape® Breast Implants are made with a proprietary formulated highly cohesive gel that shapes the breast and helps create a desirable look with long-lasting shape retention.



*Projection. Performance.
Peace of Mind.*

Projection

Unique, tapered shape provides more implant projection at the lower pole, offering maximum projection where needed.*

Performance

The lowest reported risk of key complications in primary breast augmentation at 10 years.*

Peace of Mind

Made with SILTEX™ Texture, which can contribute to a reduction in key complications in primary augmentation.⁹

¹ Based on patient survey at 10 years in the MENTOR® MemoryGel® Breast Implant 10-Year Core Gel Clinical Study Final Report.
* As compared to MENTOR® MemoryGel® Breast Implants.
⁹ For breast surgery
* Not a head to head study. Based on the comparison of key complication rates (capsular contracture and rupture) reported in the 10 year Core Studies for MemoryShape®/ CPG™ Gel Breast Implants, NATRELLE™ 410 TruForm™ 3 Gel Breast Implants, NATRELLE™ Round TruForm™ 1 Gel Breast Implants, Sientra Silicone Gel Breast Implants, and MemoryGel™ Breast Implants. The third party trademarks used herein are the properties of their respective owners. To be shown at end of document: Mentor Worldwide, LLC. MemoryShape® Post-Approval Cohort Study (formerly Contour Profile Gel Core Study) Final Clinical Study Report. 02 June 2015 Mentor Worldwide LLC. Data on File. MemoryGel® Core Gel Clinical Study Final Report, April 2013 Maxwell, G. Patrick; Van Natta, Bruce W.; Bengtson, Bradley P.; and Murphy, Diane K., "Ten-Year Results From the Natrelle 410 Health Canada: Summary Basis of Decision (SBD) for Natrelle™ Highly Cohesive Silicone-Filled Breast Implants. Application No. 88573. License No 72262. Date Issued: 2014/01/17. Health Canada: Summary Basis of Decision (SBD) for Natrelle™ Silicone-Filled Breast Implants-Smooth Shell With Barrier and Narelle(TM) Silicone Filled Breast Implants - Textured Shell with Barrier Layer. Application No. 61865 and 60524 License No License No 72264 and 72263. Date Issued: 2012/09/25. Based on key complication rates (rupture and capsular contracture).

MENTOR® Saline Breast Implants

MENTOR® Saline Breast Implants are available in a variety of shapes, sizes and profiles.



*Firmer Feel.
Flexible Volume.*

Firmer Feel

Saltwater solution is firmer to the touch than gel-filled implants.

Flexible Volume

Fill volumes are flexible and can be adjusted in the operating room to achieve your desired result.



Your *Breasts.* Your *Safety.*

You need to feel confident in more than just yourself—you need confidence in the breast implant you choose. That's why MENTOR® brings you breast implants backed by over 30 years of research and innovation.





MENTOR® Silicone Gel Implants Are Safe

10
CLINICAL
STUDIES

200K
WOMEN
PARTICIPATED

The Difference is Inside

Cross section of a MENTOR® MemoryGel Breast Implant illustrating cohesive gel “gummy” fill.

YOU USE PRODUCTS WITH SILICONE EVERY DAY:

Silicone has been
used for over

50
Years



ANTI-PERSPIRANT, HAND LOTION,
MAKEUP, HAIRCARE PRODUCTS



MEDICAL DEVICES AND COMPATIBLE
WITH HUMAN TISSUE.



BABY PRODUCTS SUCH AS
BOTTLES AND PACIFIERS.

Own Your Decision

Breast implants have been shown to be safe and effective. However, as with any medical procedure, there are complications that may arise. The most common are capsular contracture, reoperation, implant removal, and rupture or deflation of the implant. Here you'll learn more about each one and what to look for.

Capsular Contracture

This is when breast tissue around your implant tightens and squeezes the implant. It can cause the breast to feel abnormally firm and can be painful. Capsular contracture can be more common if you have had breast problems before, such as a breast infection. Capsular contracture is a risk factor for implant rupture and is a common cause for reoperation. Reoperation can also increase your risk for capsular contracture.

Reoperation

It is likely that you will need additional surgery (reoperation) at some point after your first breast implant surgery. You may wish to make changes or you may experience a problem that requires reoperation. However, you should know that some changes to your breast(s) after having breast implants are not reversible, such as dimpling, puckering, wrinkling, or the appearance of an empty or deflated breast.

Implant Removal

Your breast implants may be removed (with or without being replaced) at some point in your life. The longer you have your implants, the more likely it will be for you to have them removed. Remember that breast implants are not lifetime devices.

Rupture

Breast implants can rupture (get a tear or hole in them) for many reasons, including damage or stress during your surgery, folding or wrinkling of implant shell, excessive force to the chest, trauma (like a car accident), compression during a mammogram, severe capsular contracture, or even normal use over time.

Breast-Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL)

BIA-ALCL is an uncommon type of lymphoma found in women with breast implants.^(12-16, 20) It appears as swelling of the breast caused by fluid around the implant, usually at least 1 year after surgery.⁽¹⁷⁾ It can also cause pain, lumps, swelling, or asymmetry.⁽¹⁶⁾ The recommendation is the removal of the breast implant and surrounding tissue. Treatment has been successful when found early.^(17, 18)

BIA-ALCL is uncommon:^(12-16, 20) as of November 2018, there have been 626 confirmed cases worldwide,⁽¹⁹⁾ of the estimated 5-10 million women with breast implants.^(12, 13, 20) The FDA and companies like MENTOR® continue to monitor BIA-ALCL reports. You can find more information about it from the FDA.

If you already have breast implants, the FDA doesn't recommend changes to your routine medical care or removal of your implants. Contact your health care provider promptly if you experience any of the symptoms associated with BIA-ALCL.⁽¹²⁾



The MENTOR® Promise Protection Plan is the
*Best and Most Comprehensive*¹¹
Warranty in the Industry



Decades of Unsurpassed
Satisfaction⁷ with Proven Peace of Mind



Lifetime
REPLACEMENT
for rupture



Financial
ASSISTANCE
options available





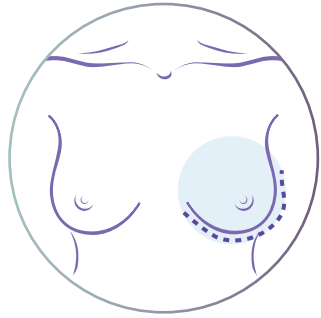
realself.
**Most
Worth It**
2019 PATIENTS' CHOICE
Mentor Breast Implants

Your *Breasts*. Your *Procedure*.

When it comes to your breast procedure, you have options for your incision and implant placement. You're doing this for you—so you need to know all your choices and stay true to yourself. You'll work with your surgeon to make these decisions for your best results.

How Your Implants Are Placed

Your incision placement can vary. It depends on how well you heal, your anatomy, and your implant size.



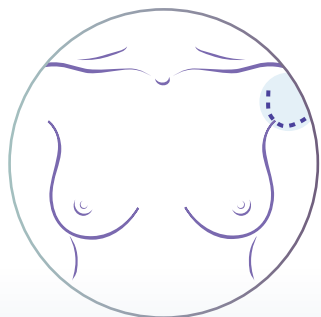
Inframammary Fold Incision

Made below the breast fold and is the most commonly used incision site.



Peri-areolar Incision

Made around the nipple to help conceal the incision site.



Transaxillary Incision

Made in the armpit and has the most concealed scar location because it is not on the breast.

Where Your Implants Are Placed

The breast implant can be placed either partially under the pectoralis major muscle (submuscular) or on top of the muscle under the breast glands (subglandular). Either placement type can be used for any kind of breast implant—so it all depends on your unique body, preferences, and lifestyle.



Submuscular Placement

Often chosen because it can make the implant less noticeable through your skin.

CONSIDERATIONS:

- Surgery and recovery may be longer
- Recovery may be more painful
- Reoperation may be more difficult



Subglandular Placement

Often chosen because it does not interfere with the chest muscle.

CONSIDERATIONS:

- Surgery and recovery may be shorter
- Recovery may be less painful
- May provide easier access for reoperation



Own Your *Recovery*

Relax, Heal, and Recharge

Here are some things you should expect while you recover: You'll probably feel a little tired and sore for a few days after your surgery. Your breasts could be swollen and sensitive to touch for a month or longer. You might feel tightness in your breasts because your skin needs to adjust to your new breast size. You might have less feeling in your breasts and nipple area due to swelling.

Talk to your surgeon about if you have concerns about these or other complications from your breast surgery.

Follow Your Surgeon's Instructions

Your surgery is unique to you, so your recovery will be unique too. You may be told to use a specific bra, compression bandage, or jog bra after your surgery for extra support and positioning. Or, you might be told not to wear a bra at all for a period of time after surgery. It's important to follow the instructions given by your surgeon, because they are specific to you.

Your Lifestyle and Activities

Talk to your surgeon about your lifestyle and typical activities—you might need to take a break from some things while your body heals. You can probably go back to work within a few days, but you'll probably need to avoid strenuous activities for a couple weeks. So take it easy—avoid anything that could raise your pulse or blood pressure or require heavy use of your arms and chest muscles. Your surgeon might also recommend breast massage exercises.

Breast implants are not lifetime devices, and it's also important to attend your follow-up appointments with your surgeon as recommended.

Breast Implant ID Card

Right after your breast augmentation surgery, you'll get an ID card with your breast implant style and serial number. It's important to keep this card because you may need to refer to the information in the future.

Find Out More

For additional information or questions about MENTOR® Breast Implants, please call 1-800-MENTOR-8 or log on to breastimplantsbymentor.com.

Making an Informed Decision

Here are additional resources that can provide more information:

American Society of Aesthetic Plastic Surgeons - www.surgery.org

American Society of Plastic Surgeons - www.plasticsurgery.org

Food and Drug Administration

1-888-INFO-FDA or 301-8230

www.fda.gov/cdrh/breastimplants

You can find important information in the FDA breast implant consumer handbook, which is available through the phone number or website provided above.

Institute of Medicine Report

on the Safety of Silicone Implants

www.nap.edu/catalog/9602.html

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IMPORTANT SAFETY INFORMATION

MENTOR® MemoryGel® Breast Implants, MemoryShape® Breast Implants, and Saline-filled Breast Implants are indicated for breast augmentation – in women who are at least 22 years old for MemoryGel® Implants and MemoryShape® Implants, and at least 18 years old for Saline Breast Implants – or for breast reconstruction. Breast Implant surgery should not be performed in women with active infection anywhere in their body, with existing cancer or pre-cancer of their breast who have not received adequate treatment for those conditions, or who are currently pregnant or nursing.

The most common complications with MemoryGel® Implants, MemoryShape® Implants, and Saline-filled Breast Implants include reoperation, capsular contracture, asymmetry, breast pain, implant removal, wrinkling, ptosis, and implant rupture and deflation. Detailed information regarding the risks and benefits associated with MemoryGel® Implants, MemoryShape® Implants, and Saline-filled Breast Implants is provided in patient brochures available from your surgeon or on line at www.mentorwllc.com.

The third party trademarks used herein are the properties of their respective owners.

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Irvine, CA 92618 USA



97% Patients
Highly Satisfied¹
with Their
Implant Decision

#1

Global Brand³

Over
6M
Women Chose
MENTOR® Silicone Breast Implants

TRUSTED OVER
30
Years