Breast Augmentation with MENTOR® Breast Implants
DID YOU KNOW?

There are over 1 million breast augmentation surgeries worldwide, every year*

To help you prepare for the process ahead, this brochure contains information about MENTOR® Breast Implants for augmentation or revision surgery. When considering breast augmentation, clarifying your own appearance goals and identifying the questions you will want to ask are important steps.

MENTOR A COMPANY THAT CARES

At Mentor we put patient safety as our number one priority. Mentor is committed to providing the highest quality breast implants which have been the leading choice of millions of women worldwide for over 30 years. MENTOR® Breast Implants are officially accepted in more than 100 countries worldwide and ALL MENTOR® Implants come with a Lifetime Product Replacement Policy.
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IT ALL BEGINS WITH YOU

For many women, feeling confident, alive and vibrant goes hand-in-hand with looking their best. For thousands of women, achieving such confidence and personal satisfaction has come from choosing breast augmentation.

There are many reasons women choose breast augmentation. Some of them include:

- Enlarging their breasts to make their bodies more proportional
- Reshaping and enlarging breasts that have lost their shape due to breast-feeding
- Balancing breasts that differ in size or shape

Your reasons are very personal, and your decisions about breast augmentation should be made by you and your surgeon based on your personal needs, desires and expectations.

Today, there are many options available for women who decide breast augmentation is right for them.

This brochure is designed to help you understand more about breast augmentation and all the options you have. It is not intended to replace any discussions between you and your surgeon.
DID YOU KNOW?

For women who had primary breast augmentation with MENTOR® MemoryGel™ Breast Implants, there was a statistically significant improvement in body esteem for the chest and sexual attractiveness, overall.¹
ANATOMY OF THE BREAST

The breast consists of milk ducts and glands, surrounded by fatty tissue that provides its shape and feel.

It is important to realise that implants are used to make the breast larger. Implants alone may not adequately lift the breast, or correct the effects of pregnancy, weight loss or skin stretching. Your surgeon may suggest additional procedures at the time of your breast augmentation, such as a mastopexy, to help achieve improved breast lift.
INCISION AND PLACEMENT CHOICES

Breast augmentation is normally performed using one of three common incision sites: under the arm (transaxillary), around the nipple (periareolar), or within the breast fold (inframammary).

- **Transaxillary**—This incision is less concealed, but it might be a good option for women who do not want any scars on their breasts.
- **Periareolar**—This incision is typically more concealed, but since it also involves cutting through the breast tissue, it is associated with a higher likelihood of breastfeeding difficulties, as compared to the other incision sites. Cutting through the tissue may increase the chance that there will be a change in breast or nipple sensation.
- **Inframammary**—This incision is generally less concealed and may cause fewer breastfeeding difficulties than the periareolar incision site.

Your surgeon will explain each incision choice to you in greater detail and help you make the decision that is right for you.
Placement

During a breast augmentation procedure, the implants will either be placed under the chest muscle (submuscular) or on top of the muscle and under the breast glands (subglandular).

Submuscular Placement

This may reduce the chances of your implants being felt through your skin, and it may help reduce the chance of scar tissue hardening around your implants. It also will make it easier to image your breast during a mammogram. Possible disadvantages of this placement choice could be a longer surgery and recovery time.

Subglandular Placement

This can make your augmentation surgery shorter and reduce your recovery time. A possible disadvantage could be having your implant edges more visibly noticeable under your skin. Imaging during a mammogram can also be more difficult when your implants are placed subglandularly.

Your surgeon can speak with you regarding how each placement option relates to your individual needs. Then you can make a decision regarding which option is right for you.
YOUR SURGERY

Breast augmentation procedures are performed in a hospital operating room or a surgical centre. You can normally go home the same day as your surgery. Typically, general anaesthesia is used, so you will be asleep during your procedure.

The surgery usually lasts one to two hours. Your doctor will make an incision and form a pocket in which the breast implant is placed. When the implant is in its proper position, the incision will be closed with surgical stitches.

To achieve the best results and to make your recovery as quick as possible, your surgeon will discuss with you specific surgical techniques best suited to your individual needs.

DID YOU KNOW?

MENTOR® MemoryShape® Breast Implants/CPG™ Gel Breast Implants have a Patient Satisfaction rate of 96.9% at 10 years.³

AN IMPLANT TO SUIT EVERY WOMAN

A breast implant is a sac (implant shell) of silicone elastomer, filled with silicone gel or saline, that is surgically implanted under your breast tissue or under your chest muscle⁴.

Gel-Filled Breast Implants

MENTOR® MemoryGel™ Breast Implants are filled with Mentor’s proprietary cohesive gel, which holds together uniformly while resembling the natural give of breast tissue.
When it comes to patient satisfaction, the uniquely formulated cohesive gel found within MENTOR® MemoryGel™ Breast Implants creates the soft, natural feel preferred by millions of women.†,4 MENTOR® MemoryGel™ Breast Implants are available in:

- Several sizes
- Several profiles (from Moderate Profile to Ultra High),
- Several textures (smooth surface or with SILTEX™ Imprinted Texture shell surface)
- Several shapes (round or anatomical) to help you find the optimal implant.

Breast implants are measured in centimetres - or cc's - not in cup sizes. The size of the implant used depends on the size and shape of the individual woman's chest.

Your surgeon will also evaluate your existing breast and skin tissue to determine if you have enough to cover the breast implant you are considering. In some cases, after pregnancy, for example, you may have too much extra skin. If you desire a breast implant size that is too large for your tissue, your surgeon may warn you that the breast implant edges may be visible or palpable following your surgery. Also, excessively large breast implants may speed up the effects of gravity on the breast, and can result in droop or sag at an earlier age.

†As compared to saline-filled breast implants.
Round or Anatomical?

Depending on the desired shape you wish to achieve, you and your surgeon may choose either a round or an anatomical implant. Both styles are available in gel-filled or saline-filled presentation.

Round MENTOR® MemoryGel™ Breast Implants

Circular shaped design that looks and feels like natural breast tissue offers a fuller look with added cleavage available in two surface shells (smooth, textured) and a range of sizes.

Anatomical MENTOR® CPG™ Gel Breast Implants

The CPG™ is the Contour Profile Gel, an anatomical shaped breast implant from Mentor. It has a teardrop shaped design that is thinner at the top with a gentle slope extending to a fuller projection point near the implant’s bottom, mimicking the silhouette of a natural breast. It is available in a range of sizes.
Implant Profiles
In addition to size and shape, breast implants are available in different profiles (which refers to the amount of forward projection off the chest wall). Generally, the larger you want your cup size, the larger the breast implant your surgeon will consider.

DID YOU KNOW?
Clinical data reveals MENTOR® MemoryGel™ Breast Implants/CPG™ Gel Breast Implants have the lowest reported incidence of key complications in primary augmentation at 10 years.‡,§,5,6

Implant Surfaces
Breast implants are available with either a smooth or textured surface. The most common choice amongst surgeons and patients has been a textured implant. MENTOR® Round and CPG™ Gel Breast Implants offer you SILTEX™ Texture, a TEXTURE YOU CAN TRUST manufactured by Mentor and supported by long-term clinical data.

Together with your surgeon, you can decide which implant is right for you.

MENTOR® MemoryGel™ Breast Implants feel more like natural breast tissue without compromising reliability or safety as compared to saline-filled breast implants.

‡ Not a head to head study. Based on the comparison of key complication rates 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, and MemoryGel™ Breast Implants.
§ Not a head to head clinical study. Based on a comparison of 10 year core clinical study data for Primary Augmentation, Revision Augmentation, and Primary Reconstruction for MENTOR® MemoryGel™ Breast Implants and NATRELLE™ Round TruForm™ 1 Gel Breast Implants.
Patients Implanted with MENTOR® CPG™ Gel Breast Implants

Before After

Photos courtesy of Dr. Fabian Weiller (Germany)

Photos courtesy of Dr. Claudio De Lorenzi (Canada)

WHY THIS PICTURE MATTERS TO YOU:

We have cut a MENTOR® MemoryGel™ Breast Implant in half to demonstrate how the gel material holds together uniformly. It does this because of a cohesive, gelatin-like substance that acts more like a solid rather than a liquid.
All Cohesive, All the Time™

MENTOR® MemoryGel™ Breast Implants feel more like natural breast tissue without compromising reliability or safety as compared to saline-filled breast implants. We offer three degrees of cohesive filling material, from soft to firm:

Cohesive I™—the softest-feeling gel, available in our round gels

Cohesive II™—slightly firmer, available in our round gels

Cohesive III™—Mentor’s firmest gel, available in our CPGs

MENTOR® CPG™ Gel Breast Implants are filled with Mentor’s most cohesive gel, Cohesive III™ providing shape retention to help optimize aesthetic results.
About MENTOR® Breast Implants

EXPERIENCE WE TRUST

Providing the high quality breast implants to millions of women worldwide

AVAILABLE IN 100+ COUNTRIES

CONFIDENCE IN QUALITY

Rigorous scientific testing that adheres to strict manufacturing standards

Seals of approval
MENTOR® Breast Implant products have been reviewed and approved by the applicable regulatory agencies confirming that the products satisfy applicable Health and Safety standards
DID YOU KNOW?

The amount of silicone released from breast implants is less than that absorbed from everyday products containing silicone in your home. 7

SAFETY IS PARAMOUNT

Safety has been tested in clinical studies involving 190,000+ patients8

And if there are any complications, you're covered by a Lifetime Warranty for product replacement**

**In the event of a confirmed rupture or deflation (leaking) of any MENTOR® Breast Implant due to wear or delamination requiring surgical intervention, regardless of the age of the implant, Mentor will provide a free replacement of a MENTOR® Breast Implant of any size in the same or similar style as the originally implanted product. Only the MENTOR® Breast Implant is covered for lifetime, not the cost of surgery.
Every woman’s recovery is different. In general, you will probably feel a little sore for several days following your breast augmentation surgery. The first 24 to 72 hours after your procedure is when you will experience the most discomfort. Your breasts will be swollen and very tender. Although every woman’s recovery is different, you should be able to resume light activities in approximately one week.

An important part of your recovery may involve wearing a postoperative bra or compression garment. These are designed to provide you with extra support while you heal. Your doctor may also have other specific suggestions for you to follow while you recover. If any problems occur after your breast implant surgery, contact your surgeon immediately.
As a world’s leading maker of high-quality breast implants for over 30 years, Mentor has been the trusted choice by millions of women worldwide. Our track record of quality and innovation allows us to go above and beyond industry standards with the most comprehensive protection plan available—the MENTORPromise.

MENTORPromise Protection Plan Overview

FREE AND AUTOMATIC ENROLLMENT

FREE LIFETIME PRODUCT REPLACEMENT FOR RUPTURE††

UP TO €1000 FINANCIAL ASSISTANCE COVERAGE FOR RUPTURE‡‡

FREE PRODUCT REPLACEMENT IN THE EVENTS OF CAPSULAR CONTRACTURE (Baker III/IV), DOUBLE CAPSULE AND LATE STATE SEROMA§ §

FREE CONTRALATERAL IMPLANT at your surgeon’s request

†† In the event of a confirmed rupture or deflation (leaking) of any MENTOR® Breast Implant due to wear or delamination requiring surgical intervention, regardless of the age of the implant, Mentor will provide a free replacement of a MENTOR® Breast Implant of any size in the same or similar style as the originally implanted product. Only the MENTOR® Breast Implant is covered for lifetime, not the cost of surgery.

‡‡ When a replacement surgery of a MENTOR® Gel-Filled Breast Implant is required due to confirmed rupture occurs within ten (10) years from the date of implantation, provided that eligibility is proven and confirmed by Mentor based on its assessment and evaluation, Mentor will pay uninsured, out-of-pocket costs for operating room, anesthesia and/or surgical expenses directly related to revision surgery up to a maximum aggregate amount of €1000. Operating room and anesthesia charges shall be given payment priority. In such cases, the request for financial assistance under the MENTORPromise Protection Plan must be made to your surgeon. Financial assistance does not imply a loan to you.

§ § In the events of capsular contracture (Baker III/IV), double capsule or late-stage seroma in augmentation surgery of a MENTOR® Gel-Filled Breast Implant, Mentor will provide a replacement of a MENTOR® Gel-Filled Breast Implant, free of charge for the period of ten (10) years from the date of implantation, provided that eligibility is proven and confirmed by Mentor based on its evaluation of explanted product and assessment of all required documentation. Mentor will provide a replacement MENTOR® Product of any size in the same or similar style as the originally implanted product.
BREAST AUGMENTATION RESOURCES

The following list of resources may help you to find more information about breast augmentation and a certified plastic surgeon in your area.
American Society of Plastic Surgeon
www.plasticsurgery.org

The British Association of Aesthetic Plastic Surgeons
www.baaps.org.uk

French Society of Plastic Surgeons
www.plasticiens.fr

German Association of Plastic Surgeons
www.dgpraec.de

Italian Society of Plastic Surgeons
www.sicpre.it

Spanish Society of Plastic Surgeons
secpre.org
RECOMMENDED QUESTIONS TO ASK YOUR PLASTIC SURGEON

- How many years have you been performing breast augmentation procedures?
- How many breast augmentation procedures do you perform each year?
- What are the possible risks and complications associated with breast augmentation surgery?
- What are all my options for breast augmentation?
- What shape, size, surface texturing, incision site and placement site is recommended for me?
- How will my ability to breast-feed be affected?
- How can I expect my implanted breasts to look over time?
- Do you have before-and-after photos that I can look at?
MENTOR—A COMPANY THAT CARES

Founded in 1969, Mentor Worldwide LLC is a leading manufacturer and supplier of medical products to more than 100 countries for the global aesthetic medicine market and reconstructive surgery. As the world’s leading maker of high-quality breast implants, our years of experience result in quality products that you can rely on.

Mentor conducts research, development and manufacturing at several facilities throughout Europe and the United States. The company also has sales and distribution outlets around the world. In 1995, Mentor became the first breast implant manufacturer to achieve CE-marking for its products.

Mentor is proud of the quality built into each of our breast implants, and you can be assured that behind your decision to use our products is a company that understands your hopes and desires and a company that truly cares.

1 Mentor Worldwide LLC. MemoryGel® Clinical Study Final Report, April 2013.
3 Mentor Worldwide, LLC. MemoryShape® Post-Approval Cohort Study (formerly Contour Profile Gel Core Study) Final Clinical Study Report. 92 June 2015.
5 Mentor Worldwide, LLC. MemoryShape® Post-Approval Cohort Study (formerly Contour Profile Gel Core Study) Final Clinical Study Report. 92 June 2015.
6 Mentor Worldwide LLC. Data on File. MemoryGel® Core Gel Clinical Study Final Report, April 2013.
IMPORTANT SAFETY INFORMATION:

The MENTOR® Collection of Breast Implants are indicated for breast augmentation - in women who are at least 22 years old for MENTOR® MemoryGel™ Breast Implants or MENTOR® CPG™ Breast Implants, and at least 18 years old for MENTOR® Saline Breast Implants.

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
- Who are currently pregnant or nursing

Safety and effectiveness have not been established in patients with autoimmune diseases (for example lupus and scleroderma), a weakened immune system, conditions that interfere with wound healing and blood clotting, or reduced blood supply to breast tissue. Patients with a diagnosis of depression, or other mental health disorders, should wait until resolution or stabilization of these conditions prior to undergoing breast implantation surgery.

There are risks associated with breast implant surgery. You should be aware that breast implants are not lifetime devices and breast implantation may not be a one-time surgery. You may need additional unplanned surgeries on your breasts because of complications or unacceptable cosmetic outcomes. Many of the changes to your breast following implantation are irreversible (cannot be undone) and breast implants may affect your ability to breastfeed, either by reducing or eliminating milk production.

Breast implants are not lifetime devices and breast implantation may not be a one-time surgery. The most common complications for breast augmentation with MemoryGel™ Implants include any reoperation, capsular contracture, nipple sensation changes, and implant removal with or without replacement. The most common complications with CPG™ Implants for breast augmentation include reoperation for any reason, implant removal with or without replacement, and ptosis. A lower risk of complication is rupture. The health consequences of a ruptured silicone gel breast implant have not been fully established. MRI screenings are recommended three years after initial implant surgery and then every two years after to detect silent rupture.

The information contained in this material is for educational purposes only and is not a substitute for medical advice. You should talk to your doctor about what to expect and follow your surgeon’s advice regarding activities after surgery.