

INTERNATIONAL

Breast Augmentation OPTIONS



Important Safety Information:

Mentor MemoryGel® and Mentor saline-filled breast implants are indicated for breast augmentation - in women who are at least 18 years old - 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 are pregnant or nursing.

There are risks associated with breast implant surgery. Breast implants are not lifetime devices and breast implantation is likely not 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.

The most common complications with MemoryGel® breast implants include reoperation, capsular contracture, asymmetry, and breast pain. A lower risk of complication is implant rupture, which is most often silent (meaning neither you nor your doctor will know you have a rupture). The health consequences of a ruptured silicone gel-filled breast implant have not been fully established. Screenings such as mammography, MRI, or ultrasound are recommended after initial implant surgery to assist in detecting implant rupture.

The most common complications with Mentor Saline-filled breast implants include reoperation, implant removal, capsular contracture, wrinkling, breast pain and deflation.

Patients are reminded to discuss the indications, contraindications, warnings, precautions and the risks and benefits associated with Mentor breast implants with their physicians or review detailed risk information on line at www.mentorcorp.com. It is important that you understand the risks associated with breast implant surgery when considering Mentor breast implants.

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Introduction

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. Following their procedure, many women have gone on to experience a transformation in how they feel about themselves and their bodies.

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

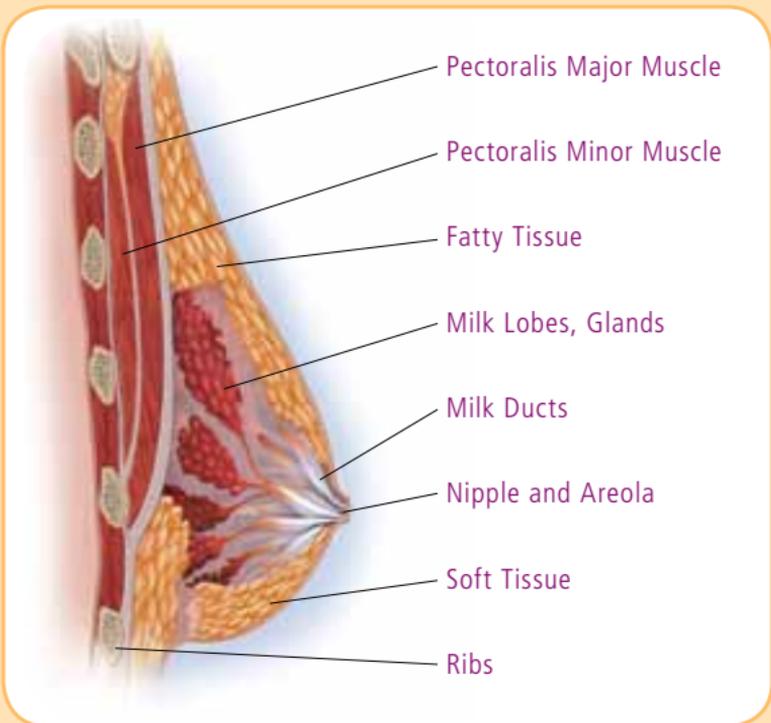
Your reasons are very personal, and your decisions about breast augmentation should be made by you and your physician based on your personal needs, desires and expectations.

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 physician.

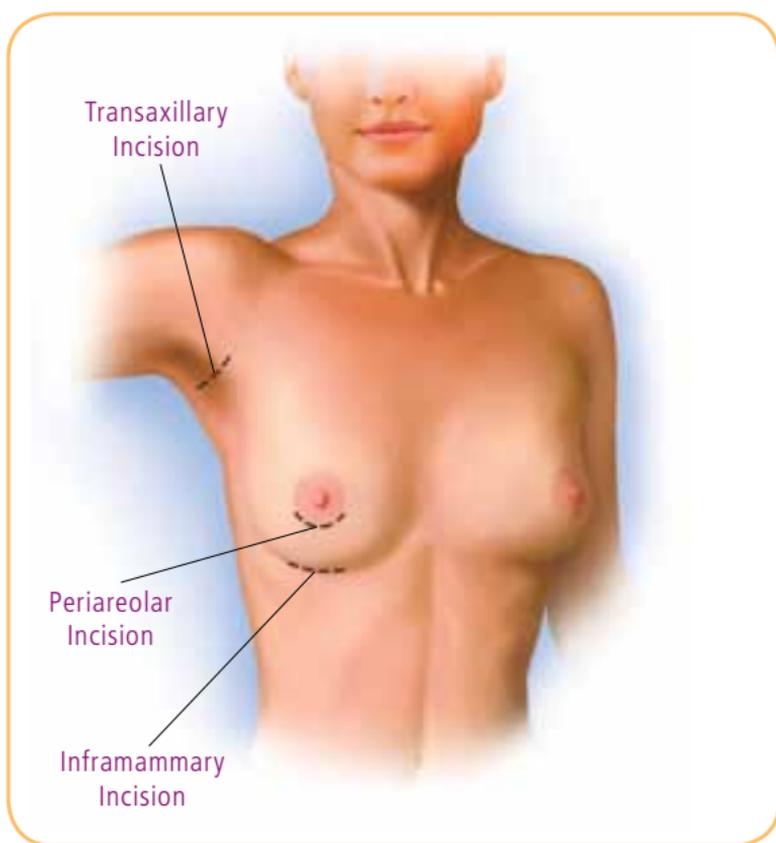


Anatomy of the Breast



The breast is made up of fatty, glandular and fibrous tissues. Inside of it are blood vessels, milk ducts, fat, glands and sensory nerves. Beneath the breast is the pectoralis major, which is a large muscle that assists in arm movement.

Incision and Placement Choices



Incisions

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

- *Periareolar*– This incision offers the benefit of being the most concealed. However, it might cause some interference with breast feeding.
- *Inframammary*– This incision is very popular because it is concealed in the skin fold below the breast.
- *Transaxillary*– This incision is less concealed, but it might be a good option for women who do not want any scars on their breasts.

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

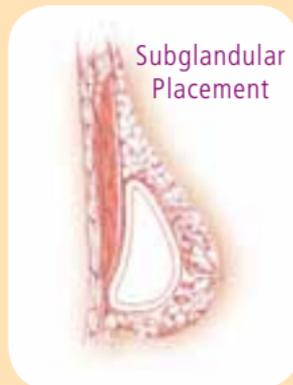
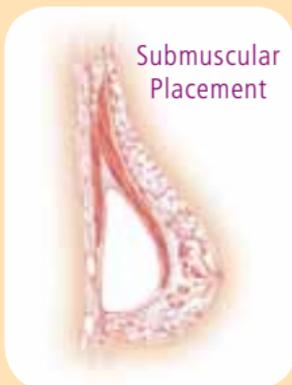
Incision and Placement Choices (continued)

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**

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 period.



- **Subglandular Placement**

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 doctor can talk with you about how both placement options relate to your individual needs, so that you can make a decision about which option is right for you.

Types of Breast Implants

For the past 20 years Mentor has been recognized as a leading manufacturer of high quality breast implants. Our rich history is filled with industry firsts, innovative product designs and groundbreaking research. While other manufacturers have come and gone, Mentor has a record of continually producing leading-edge breast augmentation products that meet or exceed rigid quality and testing standards.

There are two basic types of breast implants: gel-filled breast implants and saline-filled breast implants.

Gel-Filled Breast Implants

All of Mentor's gel implants use gel that is cohesive, safe and aesthetically pleasing. We offer three degrees of cohesive filling material:

- Cohesive I™, the softest-feeling gel
- Cohesive II™, slightly firmer
- Cohesive III™, Mentor's firmest gel

Contour Profile® implants are filled with the most cohesive gel to maintain their natural shape.

Product Implanted: Contour Profile® Gel

Photos courtesy of Dr. Fabian Weiller (Germany)



Before



After

Photos courtesy of Dr. Claudio De Lorenzi (Canada)



Before



After

Types of Breast Implants (continued)

Saline-Filled Breast Implants

Saline-filled breast implants are filled with a saltwater solution during surgery that is similar to the fluid that makes up most of the human body. For many women, deciding what breast size they want is the most difficult part about choosing implants. Mentor's round and Contour Profile® Spectrum® implants are the only saline-filled breast implants with a removable fill tube that lets your physician adjust the size of your implants for up to six months after your procedure by either adding or removing saline through the fill tube.

Product Implanted: High Profile Saline

Photos courtesy of Dr. Bill Adams (USA)



Before



After

Implant Shapes

Depending on the breast shape you hope to achieve, you and your doctor may choose either a round or contoured implant. Contoured implants have a teardrop shape and can provide patients with a more natural-looking breast. Mentor breast implants have varying degrees of projection: low, moderate, moderate *Plus*, high and ultra high. Mentor's Spectra[®] adjustable gel offers the advantages of a gel implant with an adjustable saline inner lumen.

Implant Surfaces

Breast implants come with either a smooth or a textured surface. Smooth-surfaced implants have a slightly softer shell and are less likely to be felt through the skin. The material on Mentor's textured-surface implants is called Siltex[™].



Options for every body

Here you can see photos and names of Mentor's complete line of breast implants. Your physician can further explain their different features and benefits, and discuss with you which type of implant is the right choice for you.

Gel-Filled Breast Implants



Smooth Round
Low Profile



Siltext™ Round
Moderate Profile



Siltext™ Round
Moderate *Plus* Profile



Siltext™ Round
High Profile



Siltext™ Round
Ultra High Profile

Also available in
smooth surface.



Siltext™ Contour Profile®

Available in three different implant heights
and various projections.



Siltext™ Round Spectra®

Round Spectra® also available in smooth surface.

Saline-Filled Breast Implants



Smooth Round
Moderate Profile



Siltext™ Round
Moderate Profile



Smooth Round
Moderate *Plus* Profile



Smooth Round
High Profile



Siltext™ Contour Profile®
Moderate



Siltext™ Contour Profile®
High

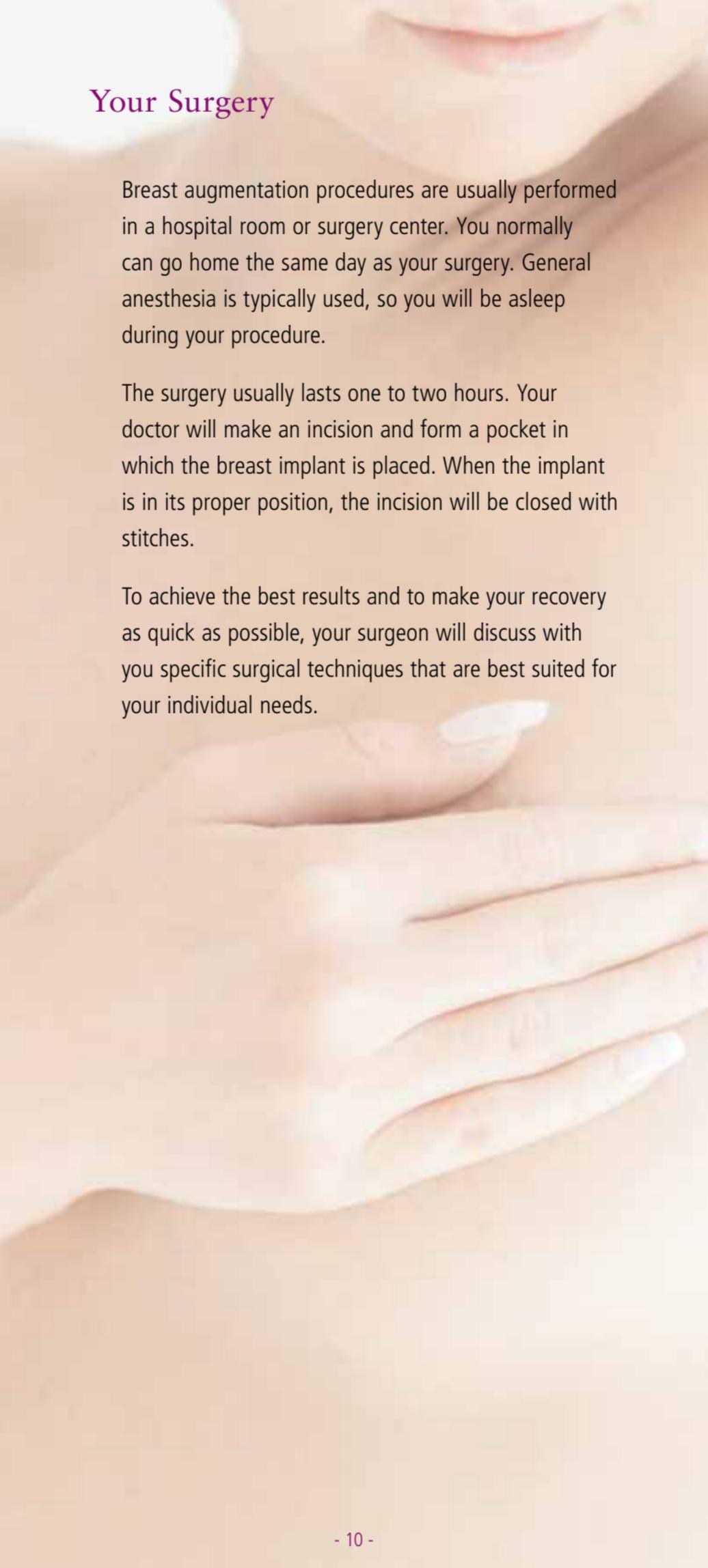


Siltext™ Round Spectrum®



Siltext™ Contour Profile® Spectrum®

Round Spectrum® also available in smooth surface.



Your Surgery

Breast augmentation procedures are usually performed in a hospital room or surgery center. You normally can go home the same day as your surgery. General anesthesia is typically 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 stitches.

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

Your Recovery

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 after about 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 also may have other specific suggestions for you to follow while you recover. If any problems occur after your breast implant surgery, contact your doctor immediately.

Mentor Lifetime Replacement Policy

Your decision to use Mentor breast implants for your breast augmentation is a personal, long-term decision. Because breast implants may not last your entire life, Mentor supports your decision by strongly standing behind our Lifetime Product Replacement Policy¹.

For additional implant safety information, consult the *Gel-filled Breast Implant Surgery: Making an Informed Decision* patient brochure and the *Saline-filled Breast Implant Surgery: Making an Informed Decision* patient brochure.

1. Please review the full terms of our Lifetime Product Replacement Policy at www.mentorcorp.com/global/breast-augmentation/literature-download.htm

Questions to Ask Your Plastic Surgeon

- For how many years has the surgeon performed breast implant procedures?
- How many breast augmentation implantation procedures does the surgeon perform each year?
- What are the possible risks and complications associated with breast implant 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?



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 Surgeons	www.plasticsurgery.org
Australian Society of Plastic Surgeons	www.plasticsurgery.org.au
British Association of Plastic Surgeons	www.baps.co.uk
Canadian Society of Plastic Surgeons	www.plasticsurgery.ca
French Society of Plastic Surgeons	www.plasticiens.org
German Association of Plastic Surgeons	www.vdpc.de
Italian Society of Plastic Surgeons	www.sicpre.org
Netherlands Society of Plastic Surgeons	www.nvpc.nl
Spanish Society of Plastic Surgeons	www.cirugia-plastica.org
Brazilian Society of Plastic Surgeons	www.cirurgioplastica.org.br

Mentor — A Company That Cares

Founded in 1969, Mentor is a leading supplier of medical products in over 100 countries throughout the world. As the world's leading maker of high-quality breast implants, our years of experience results in quality products that you can rely on.

Mentor gel-filled breast implants are made at our state-of-the-art manufacturing plant in Leiden, The Netherlands. This advanced manufacturing facility is the largest of its kind in the world. It features many groundbreaking engineering advances that are new to the breast implant industry.

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.





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