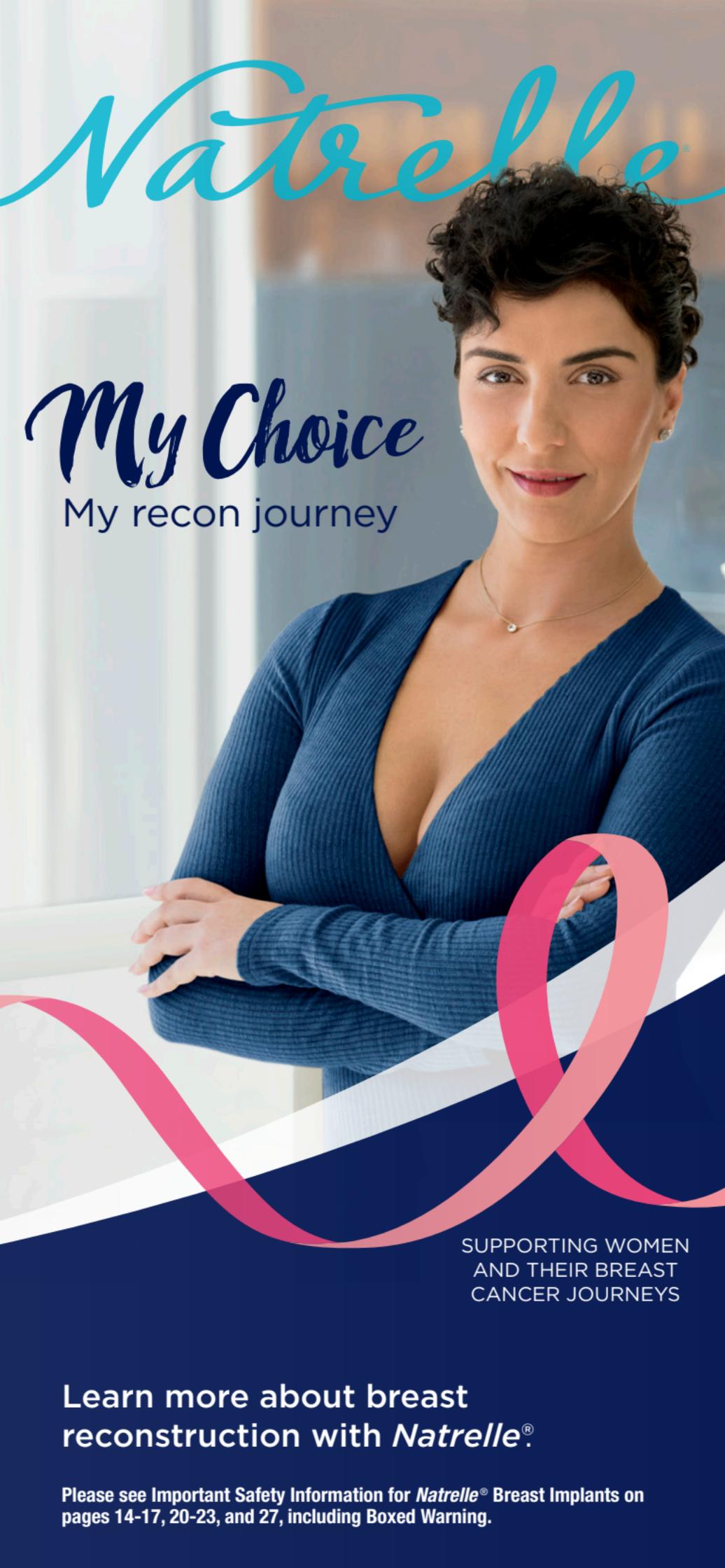


Natrelle®



My Choice

My recon journey

SUPPORTING WOMEN
AND THEIR BREAST
CANCER JOURNEYS

Learn more about breast
reconstruction with *Natrelle*®.

Please see Important Safety Information for *Natrelle*® Breast Implants on pages 14-17, 20-23, and 27, including Boxed Warning.



Every woman's **JOURNEY IS DIFFERENT**

While your breast cancer diagnosis determines your journey, you have a choice in how you move forward with breast reconstruction.

The Women's Health and Cancer Rights Act of 1998 ensures that if you have health insurance that covers a mastectomy, your insurance company must also cover breast reconstruction and surgery to the unaffected breast for a symmetrical outcome. Contact your insurance company early on in the decision-making process, so you know what's covered under your plan and for how long.

CHOICE—it's truly
a powerful thing.

MINA

A mother of two young girls who prides herself on one of her biggest accomplishments yet—fighting breast cancer.

Actual breast cancer and breast reconstruction patient with *Natrelle* INSPIRA® Breast Implants.

Individual results may vary.

***Natrelle*® 133S Smooth Tissue Expanders Important Information**

Approved Uses

Natrelle® 133S Smooth Tissue Expanders are approved for breast reconstruction following mastectomy, treatment of underdeveloped breasts, and treatment of soft tissue deformities.

Please see *Natrelle*® 133S Smooth Tissue Expanders Important Safety Information on page 7.



LISA

A nurse with an active lifestyle who beat an aggressive form of breast cancer not once, but *twice*.

Actual breast cancer and breast reconstruction patient with *Natrelle* INSPIRA® Breast Implants.

Individual results may vary.

Making the right choice is a TEAM EFFORT

BREAST SURGEON

Removes the cancer through a lumpectomy or mastectomy and/or other treatments. If you're thinking about reconstruction, bring it up to your breast surgeon first. It may impact how he or she performs your mastectomy.



YOU

You are at the center of it all. Together, with both surgeons, you'll talk about your options and create a plan that's right for you.



PLASTIC SURGEON

Reconstructs your breasts using one of several methods. Reconstruction with breast implants is just one option. It's important to work with a plastic surgeon who specializes in the technique you want.



Please see *Natrelle*® 133S Smooth Tissue Expanders Important Safety Information on page 7.

AESTHETICS in breast reconstruction have never been better



With recent advancements in the development of products and breast reconstruction technology, your plastic surgeon now has more ways to create a look that's right for you.

KAYLA

A brave 26-year-old with a family history of breast cancer who tested positive for a BRCA2 gene mutation and chose a double mastectomy and breast reconstruction.

Actual breast reconstruction patient with *Natrelle* INSPIRA® Breast Implants.

Individual results may vary.

You have a CHOICE in how you look

Talk to your plastic surgeon about the fullness you want—whether it's the same amount you had pre-mastectomy or something different.

Your final look depends on many factors, including how much breast tissue you have after your mastectomy. Your surgeon can help you choose the best option based on your needs, wants, unique body structure, and more.



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

Natrelle® 133S Smooth Tissue Expanders

IMPORTANT SAFETY INFORMATION

Who should NOT get tissue expanders?

Do not use if you:

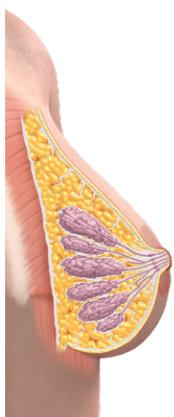
- Already have implanted devices that would be affected by a magnetic field.
- Have tissue unsuitable for expansion.

Please see additional *Natrelle*® 133S Smooth Tissue Expanders Important Safety Information on page 10.

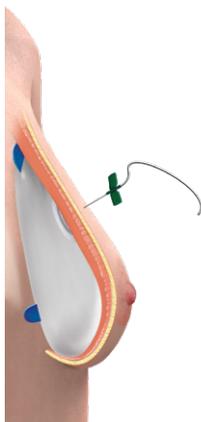
Stage 1: | Remove your breast tissue and begin TISSUE EXPANSION

Your plastic surgeon may recommend an implant-based reconstruction. Two-stage breast reconstruction is most common—**69% of all breast reconstructions performed in 2018 were two-stage.**

During your mastectomy, a tissue expander will be inserted and slowly expanded over a period of one to six months. A tissue expander is like a balloon and is used to recreate a breast pocket.



Before mastectomy



Placed tissue expander



Inflated tissue expander



Mastectomy



Inflated tissue expander

Natrelle® tissue expander

Photos provided by Dr Allen Gabriel.

Individual results may vary.



A breast implant can be placed under the chest muscle (**subpectoral**) or over the chest muscle (**prepectoral**). Learn more about this on page 16. Be sure to talk to your plastic surgeon about all your reconstruction options and which one is right for you.

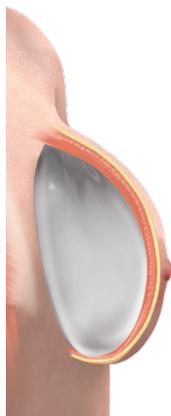
Please see additional *Natrelle*® 133S Smooth Tissue Expanders Important Safety Information on page 10.

Stage 2: Remove your tissue expanders and insert BREAST IMPLANTS

Once there's enough space, a second surgery will replace the tissue expander with a breast implant.



Inflated tissue expander



Placed breast implant

If you have enough tissue, your plastic surgeon may talk to you about one-stage, or **direct-to-implant (DTI)**, breast reconstruction. DTI involves placing the implant immediately after the cancer and breast tissue have been removed.



Sparing your nipple may not be an option. Talk to your plastic surgeon about advancements in nipple reconstruction and tattooing.



Natrelle® 133S Smooth Tissue Expanders IMPORTANT SAFETY INFORMATION (continued)

Who should NOT get tissue expanders? (continued)

- Have an active infection or a residual gross tumor at the expansion site.
- Are undergoing adjuvant radiation therapy.

BEFORE



Inflated tissue expander



Natrelle® tissue expander

AFTER



Placed breast implant



Natrelle INSPIRA® Cohesive Style SCLP-250

Photos provided by Dr Allen Gabriel.
Individual results may vary.

Natrelle® 133S Smooth Tissue Expanders IMPORTANT SAFETY INFORMATION (continued)

Who should NOT get tissue expanders? (continued)

- Have a physiological condition (eg, obesity, smoking, diabetes, autoimmune disease, hypertension, chronic lung or severe cardiovascular disease, or osteogenesis imperfecta) or use certain drugs (including those that interfere with blood clotting or affect tissue viability) that may result in a high risk of surgical and/or postoperative complications.

Please see additional Natrelle® 133S Smooth Tissue Expanders Important Safety Information on page 13.

Only *Natrelle*[®] gives you the MOST CHOICES

Natrelle[®] is the only implant brand that offers you 5 profiles in 3 different gummy gels.



What does gummy mean?

Gummy describes the consistency of the silicone gel in *Natrelle* INSPIRA[®] Breast Implants. This gummy-like gel sticks together and has the tendency to hold its shape.

Each implant in the *Natrelle* INSPIRA[®] Collection has a different level of cohesivity, or what plastic surgeons may refer to as gumminess.

The largest selection of smooth gummy implants for the fullness you want.



Based on your available tissue, body structure, and aesthetic goals, your plastic surgeon will help you choose the right profile and size (cc) for a result that's right for you.

***Natrelle*[®] 133S Smooth Tissue Expanders IMPORTANT SAFETY INFORMATION (continued)**

What else should I consider?

- *Natrelle*[®] 133S Smooth Tissue Expanders should NOT be used in patients who already have implanted devices that would be affected by a magnetic field.
- Active infection anywhere may increase risk of infection around the tissue expander. Certain infections may require premature removal of the device.
- *Natrelle*[®] 133S Smooth Tissue Expanders are temporary devices and are not to be used for permanent implantation or beyond 6 months. Tissue expansion in breast reconstruction typically requires 4 months to 6 months.

What are possible complications?

Deflation, tissue damage and/or appearance of the implant through the skin, infection, unwanted shape, unintended blood or fluid collection, capsular contracture (tightening of scar tissue that causes the breast to harden), premature device removal, bone/pain/sensation changes, and inflammation.

For more information, please visit www.allergan.com/products. To report a problem with *Natrelle*[®], please call Allergan at 1-800-433-8871.

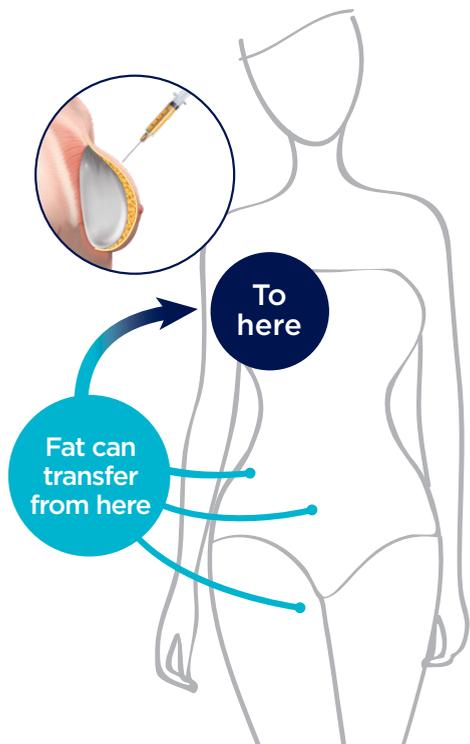
Natrelle[®] 133S Smooth Tissue Expanders are available by prescription only.

ENHANCING your fullness

Fat transfer can help give you more fullness than an implant can sometimes provide.

Your plastic surgeon may suggest a fat transfer as part of your breast implant reconstruction.

Fat transfer allows your plastic surgeon to transfer your own fat from one area of your body to another. Adding fat to reconstructed areas, such as your breasts, can fill in contour irregularities or slightly increase size.



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.

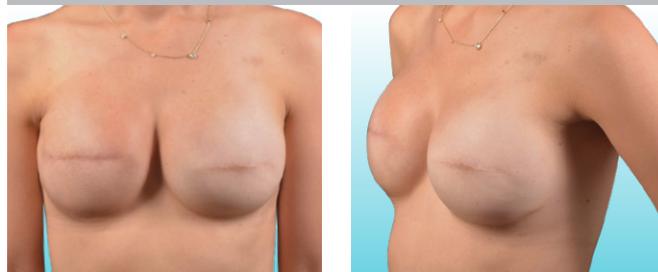
BEFORE



Breast reconstruction

Natrelle INSPIRA® Cohesive Style SCF-520 (right)
Style SCF-485 (left)

AFTER



Fat transfer added

Photos provided by Dr Jacob Unger.
Individual results may vary.

Did you know

60%

In a survey of 456 US surgeons, more than 60% reported using fat transfer in breast reconstruction procedures.

Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)

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.

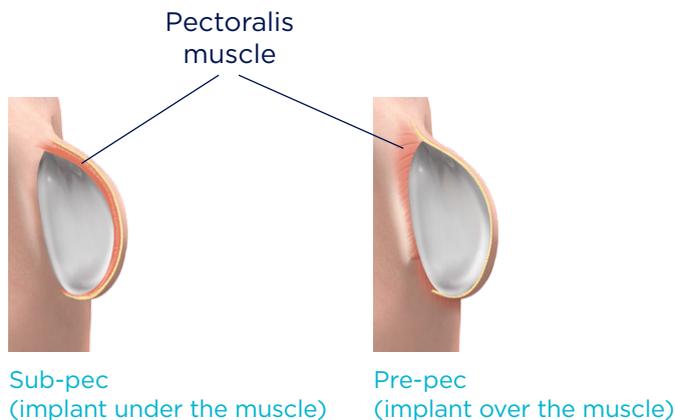
Please see additional Important Safety Information for Natrelle® Breast Implants on pages 16-17, 20-23, and 27.

REVISING a past reconstruction

Pre-pec is one technique your plastic surgeon might use during a reconstruction revision surgery.

If you've had breast reconstruction in the past, a revision surgery may be necessary for a few reasons, including animation deformity.

Sometimes when breast implants are placed under the chest muscle (sub-pec), your muscle may start to pull on your tissue and cause unwanted or unnatural movements. This is called **animation deformity**. If this is the case, your plastic surgeon may recommend a reconstruction revision surgery to correct this by moving your breast implants over the chest muscle (pre-pec).



Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued) **Who can get breast implants?**

Natrelle® 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



Relaxed

Flexed

Breast reconstruction with sub-pec placement and fat transfer

Natrelle INSPIRA® Responsive
Style SRX-650



Relaxed

Flexed

Revision reconstruction to pre-pec placement

Natrelle INSPIRA® SoftTouch
Style SSX-650

Photos provided by Dr Allen Gabriel.
Individual results may vary.

Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued) **Who should NOT get breast implants?**

Breast implant surgery should NOT be performed in:

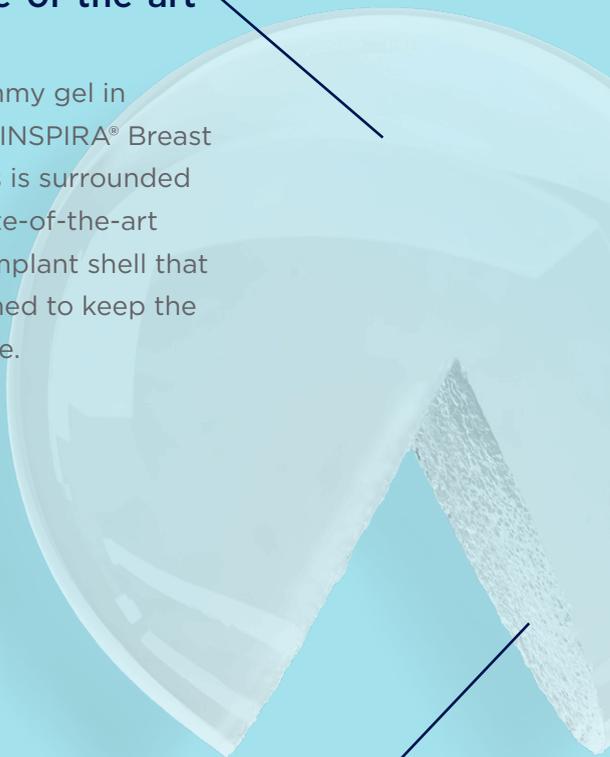
- Women with active infection anywhere in their body
- Women with existing cancer or precancer of their breast who have not received adequate treatment for those conditions
- Women who are currently pregnant or nursing

Please see additional Important Safety Information for Natrelle® Breast Implants on pages 14-15, 20-23, and 27, including Boxed Warning.

ADVANCED implant technology

A state-of-the-art shell

The gummy gel in *Natrelle* INSPIRA® Breast Implants is surrounded by a state-of-the-art breast implant shell that is designed to keep the gel inside.



A gel designed to stay in place

When *Natrelle* INSPIRA® Cohesive—the gummiest round gel implant in the US—is cut outside the body, the gel stays in place when held in your hand.*

*Results inside the body have not been established.

Please see additional Important Safety Information for *Natrelle*® Breast Implants on pages 14-17, 20-23, and 27, including Boxed Warning.

Coverage for the JOURNEY AHEAD



ConfidencePlus® gel warranty*

FREE coverage and automatic enrollment

Rupture

- Implant replacement: Lifetime for both affected and contralateral implants
- Out-of-pocket financial assistance: Up to \$3500 for 10 years

Capsular contracture Baker Grade III/IV

- Implant replacement: 10 years for both affected and contralateral implants

Additional event coverage

Late seroma

Implant replacement: 20 years for both affected and contralateral textured implants†

Late seroma diagnostic testing coverage

If you have textured gel or textured saline breast implants, Allergan will cover up to \$1000 of out-of-pocket fees toward diagnostic testing for late seroma to rule out breast implant-associated anaplastic large cell lymphoma (BIA-ALCL).

BIA-ALCL treatment coverage

In the event of a BIA-ALCL diagnosis, you are eligible for up to \$7500 out-of-pocket financial assistance toward the removal of the breast implant(s) and the associated scar tissue (complete capsulectomy).

Allergan will also provide replacement implant(s) at no charge. For coverage eligibility, surgeons are directed to contact Allergan and provide appropriate documentation. Coverage valid for cases diagnosed on or after January 1, 2018.

*Valid for surgeries on or after November 1, 2014.

†Valid for cases diagnosed on or after January 1, 2019.

These women CHOSE THEIR LOOK with **Natrelle**[®]

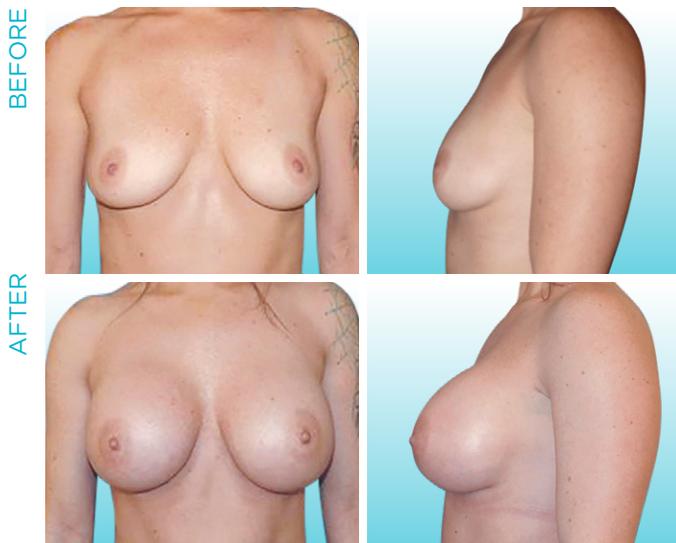


Fullest look with a very rounded look on top



Fuller look with more roundness on top

Breast Reconstruction With Pre-pec Placement and Fat Transfer



Natrelle INSPIRA[®] Cohesive Style SCF-650

Photos provided by Dr Ritu Chopra.
Individual results may vary.

Breast Reconstruction With Pre-pec Placement and Fat Transfer



Natrelle INSPIRA[®] Cohesive Style SCF-415

Photos provided by Dr Allen Gabriel.
Individual results may vary.

Natrelle[®] Breast Implants **IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)** **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

Natrelle[®] Breast Implants **IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)** **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

Please see additional Important Safety Information for **Natrelle[®] Breast Implants on pages 14-17, 22-23, and 27, including Boxed Warning.**

These women CHOSE THEIR LOOK with **Natrelle**[®]



Full look with slight roundness on top



Very little fullness on top

Breast Reconstruction With Sub-pec Placement and Fat Transfer



Natrelle INSPIRA[®] Cohesive Style SCX-615

Photos provided by Dr Elizabeth Kim.
Individual results may vary.

Breast Reconstruction With Pre-pec Placement



Natrelle INSPIRA[®] SoftTouch Style SSF-520

Photos provided by Dr Maurice Nahabedian.
Individual results may vary.

Natrelle[®] Breast Implants **IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)**

What else should I consider? (continued)

- 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

Natrelle[®] Breast Implants **IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)**

What else should I consider? (continued)

- 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

Please see additional Important Safety Information for **Natrelle[®] Breast Implants on pages 14-17, 20-21, and 27, including Boxed Warning.**

RESOURCES for you

“Breast reconstruction helped me discover *my new normal.*”

You probably have a lot of questions, but it can be hard to remember everything you want to ask when you're actually with your plastic surgeon. Refer to this helpful list as a guide during your consultation.

Questions about breast reconstruction and breast implants

1. What are the different options for reconstructing my breasts?
2. Can implant-based reconstruction interfere with my cancer treatment?
3. Will my insurance cover the surgery or pay for any additional surgery that may be required?
4. I am having a unilateral mastectomy, will surgery be required on my other breast as well? If so, when will it be done?
5. What are the risks and complications associated with breast implants? And with tissue expanders?
6. Which *Natrelle*® breast implant can give me the fullness I want?
7. What can I expect during my recovery?
8. On average, when are patients able to resume normal activities?

For even more questions, download the full Consultation Checklist at [Natrelle.com](https://www.natrelle.com)



“ I like
sharing my story.”

I like letting other women know that they, too, can have breast reconstruction and keep moving forward.”



More SUPPORT

In addition to your surgeons and your loved ones, you can find support and other helpful information online. Some resources to get you started are listed below:

- **The AiRs Foundation** (Alliance in Reconstructive Surgery)
- **Breast Reconstruction Awareness USA Campaign**
- **BreastCancer.org**
- **Curémonos**
- **FORCE: Facing Our Risk of Cancer Empowered®**
- **Living Beyond Breast Cancer®**
- **National Breast Cancer Foundation, Inc.®**
- **Sharsheret®**
- **Susan G. Komen®**



Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION AND APPROVED USES (continued)

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.

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.

Moving forward on *my recon journey*

Talk to your surgical team about your breast reconstruction options, including *Natrelle*®. We offer the most smooth tissue expander and implant options to fit your unique needs.

Natrelle



#MyReconReason #ThePowerOfYou
@NatrelleBreastReconstruction

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Aesthetics**

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