



Your *Natrelle*[®] breast reconstruction **CONSULTATION CHECKLIST**

LISA
Breast cancer survivor and actual
Natrelle INSPIRA[®] Cohesive
breast reconstruction patient.
Individual results may vary.

It's time to go to your plastic surgeon to discuss breast reconstruction surgery. Now's your chance to start asking all your questions.

Print this checklist and take it with you when you go to your consultation.

Keep in mind, this is just a guide. Make sure you ask every question that comes to mind. And if you don't understand the answer, ask the question again. The answers you get will help you feel more comfortable about your surgery and your surgeon.

Name of plastic surgeon _____

QUESTIONS ABOUT YOUR SURGEON

1. Are you a board-certified surgeon?
2. How many breast reconstruction surgeries do you perform in a month? In a year?

QUESTIONS ABOUT BREAST RECONSTRUCTION PROCEDURES

1. Can implant-based reconstruction interfere with my cancer treatment?
2. What are the different options for reconstructing my breasts?

QUESTIONS ABOUT BREAST RECONSTRUCTION TECHNIQUES

1. What is the difference between direct-to-implant and two-stage breast reconstruction surgery?

***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 and *Natrelle*[®] Breast Implants Approved Uses and Important Safety Information on page 3.



QUESTIONS ABOUT BREAST RECONSTRUCTION TECHNIQUES (continued)

2. Will I need tissue expanders? What is the process?
3. Will my implants go over the muscle (prepectoral) or under the muscle (subpectoral)?
4. What are the pros and cons of having implants placed below or above the pectoral muscle?
5. Why is fat transfer used in some breast reconstruction procedures?
6. What surgery would you recommend for me?
7. How long are patients typically in the hospital?
8. I am having a unilateral mastectomy, will surgery be required on my other breast as well? If so, when will it be done?
9. What can I expect my breasts to look like after reconstruction?

QUESTIONS ABOUT BREAST IMPLANTS

1. What are the risks and complications associated with breast implants? And with tissue expanders?
2. Are silicone-filled breast implants safe?
3. What are gummy breast implants? What is your experience with *Natrelle*[®] gummy breast implants?
4. Which *Natrelle*[®] breast implant can give me the fullness I want?
5. Do you have any *Natrelle*[®] breast implants I can feel?
6. Which breast implants do you recommend for my body?
7. What will my breast implants likely look like over time?
8. Do you have any before-and-after photos I can see?

QUESTIONS ABOUT RECOVERY

1. What can I expect during my recovery?
2. On average, when are patients able to resume normal activities?

QUESTIONS ABOUT INSURANCE AND IMPLANT WARRANTY

1. Will my insurance cover the surgery?
2. Will my insurance pay for any additional surgery that may be required?
3. What is the warranty coverage for *Natrelle*[®] breast implants?

QUESTIONS ABOUT LIFE AFTER RECONSTRUCTION

1. May I talk with some of your patients who have had this surgery?
2. Where can I get more information on breast reconstruction surgery?

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

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/labeling/usa.htm. To report a problem with *Natrelle®*, please call Allergan at 1-800-433-8871.

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

Natrelle® Breast Implants Important Information

Who may get breast implants?

Natrelle® Breast Implants are approved for women for the following:

- **Breast reconstruction.** Breast reconstruction includes primary 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. Breast reconstruction also includes revision surgery to correct or improve the result of a primary breast reconstruction surgery.

IMPORTANT SAFETY INFORMATION

Who should NOT get breast implants?

- 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.

Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION (continued)

What should I know before getting breast implants?

- Breast implants are not lifetime devices, and not necessarily a one-time surgery.
- Many of the changes to your breasts following implantation cannot be undone. If you later choose to have your implant(s) removed and not replaced, you may experience unacceptable dimpling, puckering, wrinkling, or other cosmetic changes of the breast, which may be permanent.
- Breast implants may affect your ability to breast-feed, either by reducing or eliminating milk production.
- Rupture of a silicone-filled breast implant is most often silent and may not be detected by you or your doctor. You should have an MRI 3 years after your surgery and then every 2 years after that for as long as you have your breast implants to determine if rupture is present. If implant rupture is noted on an MRI, you should have the implant removed, with or without replacement.
- With breast implants, a routine screening mammography and self-examinations for breast cancer will be more difficult. Ask your doctor to help you distinguish the implant from your breast tissue. Symptoms of a ruptured implant may be hard knots or lumps surrounding the implant or in the armpit, change or loss of size or shape of the breast or implant, pain, tingling, swelling, numbness, burning, or hardening. Tell your doctor of these symptoms and remove ruptured implants.
- Inform any other doctor who treats you of the presence of your implants to minimize the risk of damage to the implants.

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 (for example, lupus and scleroderma).
- A weakened immune system (for example, currently taking drugs that weaken the body's natural resistance to disease).
- Planned chemotherapy following breast implant placement.
- Planned radiation therapy to the breast 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. Please discuss any history of mental health disorders with your surgeon prior to surgery. Patients 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 are some complications with breast implants?

Key complications are reoperation, implant removal with or without replacement, implant rupture with silicone-filled implants, implant deflation with saline-filled implants, and severe capsular contracture (severe scar tissue around the implant). Other complications include asymmetry, nipple/breast/skin sensation changes, scarring, or wrinkling/rippling. Talk to your doctor about other complications.

Talk to your doctor. For more information see the patient brochures at www.allergan.com/labeling/usa.htm. To report a problem with *Natrelle®* Breast Implants, please call Allergan at 1-800-433-8871.

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