

# 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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Nearly *7*  
*Million*

Women Have Trusted  
MENTOR<sup>®1</sup>







# 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**<sup>†2</sup>  
with Their Breast  
Augmentation Decision

† Based on patient survey at 10 years in the MENTOR® MemoryGel® Breast Implant 10-Year Core Gel Clinical Study Final Report.





98%

Highest Rated  
on realself.com<sup>3</sup>

Most  
Popular

Highest Number  
of Reviews  
on realself.com<sup>3</sup>



# 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.



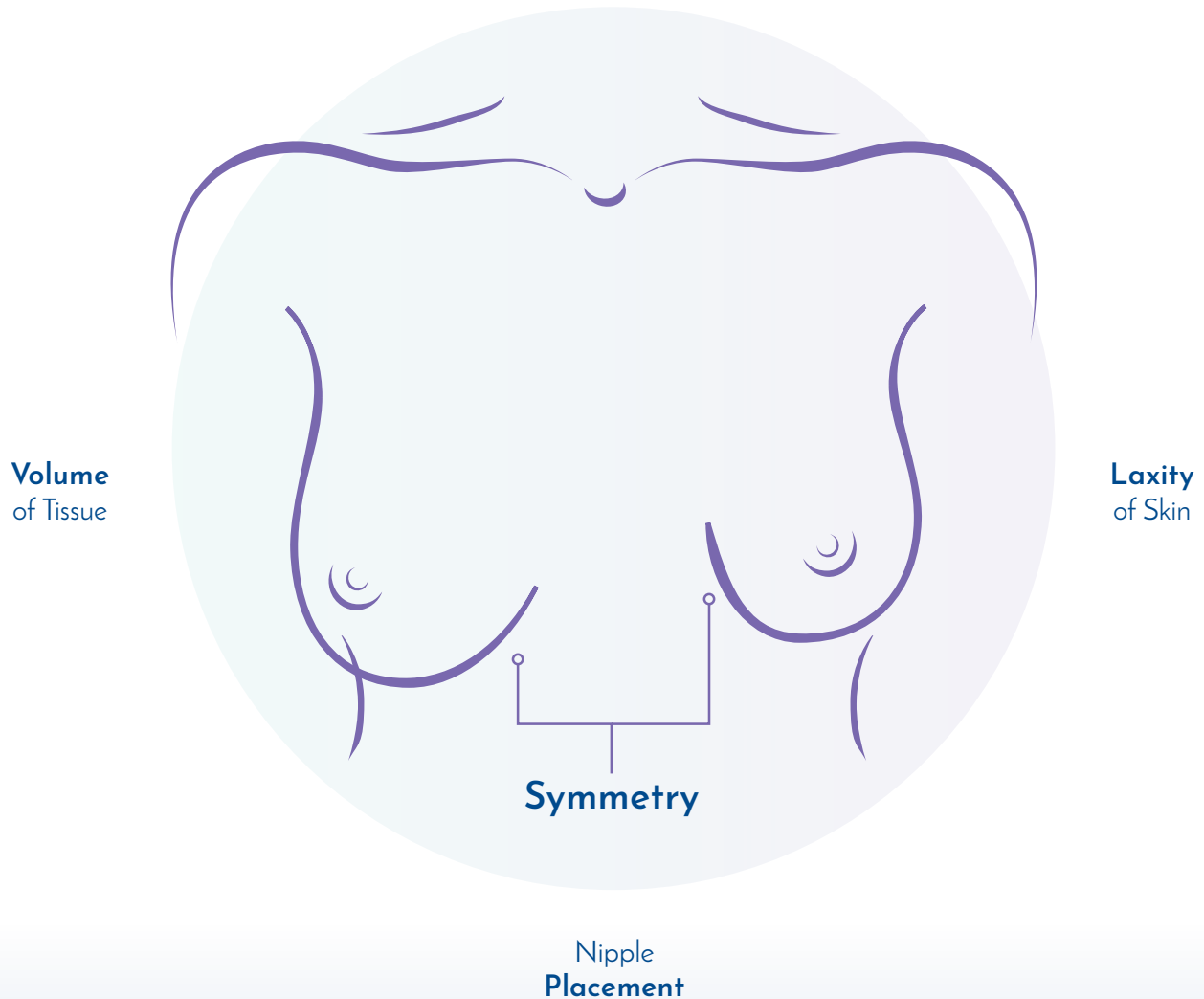
Let's Start  
Your Journey  
Together

[BreastImplantsByMentor.eu](https://BreastImplantsByMentor.eu)



# 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.





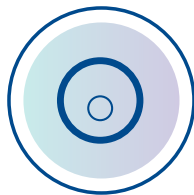
### **Volume of Tissue**

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 sagging 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.

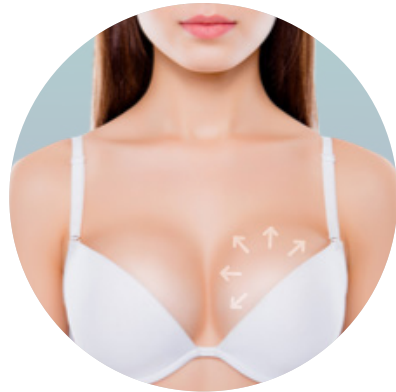


## Projection

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

## Fullness

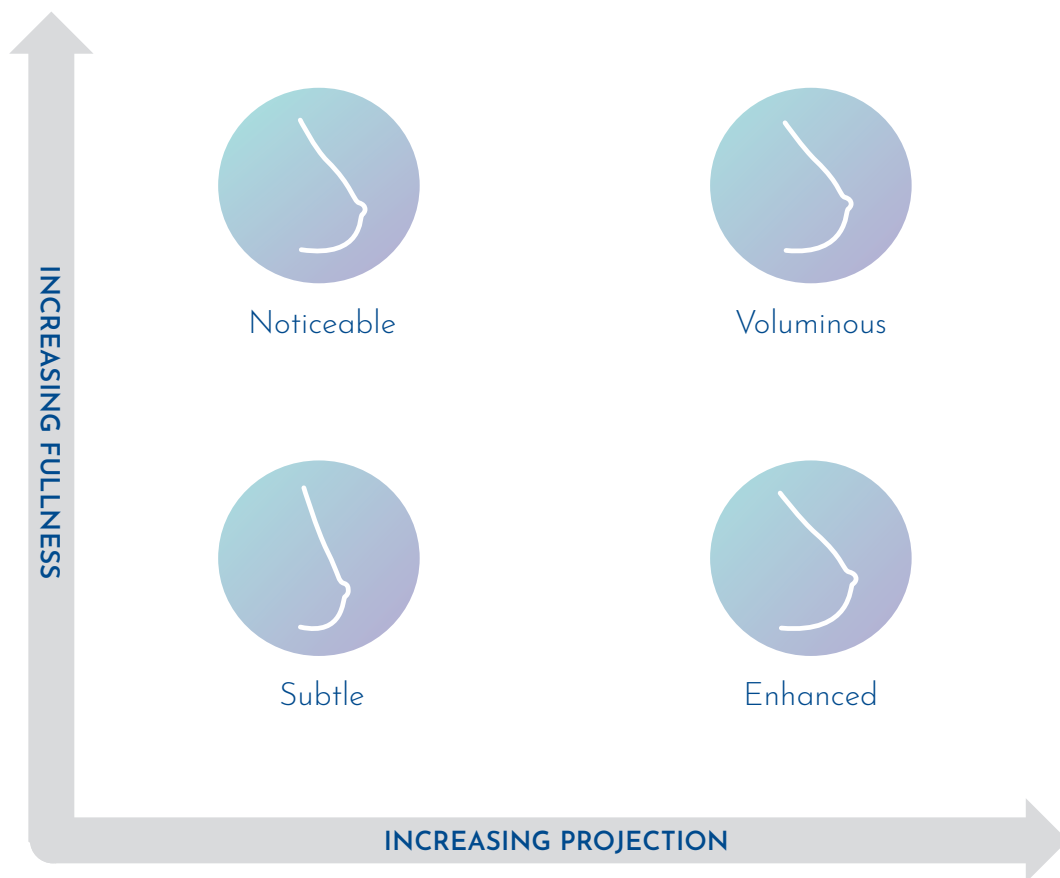
Fullness means how round and full the breast appears. The fuller your breasts are, the more enhanced you will look, as if you are wearing a push-up bra.





# 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*<sup>5</sup>

## 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.



**MENTOR® MemoryGel®  
Breast Implants**



**MENTOR® MemoryGel® Xtra  
Breast Implants**

## ROUND GEL IMPLANTS

- Pre-filled with proprietary cohesive silicone gel (also known as “gummy”)<sup>6</sup>
- Two shell surfaces: smooth and textured<sup>7</sup>
- Mentor most chosen breast implant<sup>8</sup>

*Round Gel*



# *Shaped Gel*



**MENTOR® CPG™  
Breast Implants**

## **SHAPED GEL IMPLANTS**

- Contoured tear-drop shape<sup>9</sup>
- Textured shell<sup>7</sup>
- Pre-filled with a proprietary cohesive 3 gel<sup>10</sup>

# *Saline*



**MENTOR® Saline  
Breast Implants**

## **SALINE IMPLANTS**

- Filled with sterile saline water similar to fluid found in the body<sup>11</sup>
- Flexible fill in the operating room<sup>11</sup>
- Firmer feel vs. cohesive silicone gel<sup>11</sup>

# MENTOR® MemoryGel® Breast Implants

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



MemoryGel® Breast Implants Have the  
*Soft, Natural Feel*<sup>12</sup>  
that Women Prefer<sup>†</sup>

- The cohesive gel holds together uniformly to better resemble a more natural look and feel<sup>\*5</sup>
- Set fill volume for predictable results
- Five projection options: moderate plus, high profile and ultra high profile, moderate plus Xtra and high profile Xtra<sup>7</sup>

§ Based on patient survey at 10 years in the Mentor® MemoryGel™ Breast Implant 10-Year Core Gel Clinical Study Final Report.

† In-person consumer survey with 452 respondents.

\* As compared to saline-filled breast implants



**9 out of 10**  
 Women Have Chosen  
 MemoryGel™ Xtra  
 in a head-to-head blinded in-person  
 tabletop product comparison  
 (MemoryGel Xtra vs. Inspira  
 Responsive vs. Inspira  
 Cohesive) with 452  
 respondents.\*<sup>12</sup>

MemoryGel® Xtra Breast Implants Have Increased

*Projection, Fullness and Firmness*<sup>†‡§</sup>



#### Projection

In 85% of the corresponding profiles, MemoryGel® Xtra Breast Implants provide more projection by base width than Motiva and Polytech Profiles.<sup>†‡,14</sup>



#### Fullness

Precision-filled and provide increased fullness when compared to MemoryGel® Breast Implants.<sup>§13</sup>



#### Firmness

Feels soft and natural, with increased firmness over MemoryGel® Breast Implants.<sup>§13</sup>

† Published device projection dimensions were compared between MemoryGel® Xtra Moderate Plus Profile vs. Polytech and Motiva Demi. MemoryGel Xtra High Profile vs. Polytech and Motiva, Full and Corse. The third-party trademarks used herein are the trademarks of the respective owners.

\* Head-to-head blinded in-person tabletop product comparison (MemoryGel Xtra vs. Inspira Responsive vs. Inspira Cohesive) with 452 respondents Mentor Consumer Preference Market Research Report - July.

§ Product Dimensions for MemoryGel and MemoryGel Xtra Breast Implants Mentor R&D Compression Benchtop Testing - July 2017.

# MENTOR® CPG™ Breast Implants

Looking for a natural shape and feel? MENTOR® CPG™ Breast Implants are made with a proprietary formulated highly cohesive gel that is designed to shapes the breast and helps create a desirable look with shape retention.<sup>15</sup>



*Projection. Performance.  
Peace of Mind.*

## Projection

Tapered shape provides more implant projection at the lower pole, offering maximum projection where needed.<sup>9</sup>

## Performance

Low reported incidence of key complications in primary breast augmentation at 10 years.<sup>16</sup>

## Peace of Mind

Made with SILTEX™ Microtexture\*\*, which can contribute to a reduction in key complications in primary augmentation.<sup>17</sup>

<sup>Δ</sup> For breast surgery.

<sup>\*</sup> 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.

<sup>+</sup> According to ISO 14607. Derby B, Codner, M. Textured Silicone Breast Implant Use in Primary Augmentation: Core Data Update and Review, Special Topic. 2014; 135: 120-122. Wixtrom R, Garadi, V, Leopold J, Canady J. Device-Specific Findings of Imprinted- Texture 2019, 1-7 Breast Implants: Characteristics, Risks, and Benefits. Breast Surgery. 2019, 1-7: 1.

<sup>\*\*</sup> According to ISO 14607.

# MENTOR® Saline Breast Implants

MENTOR® Saline Breast Implants are available in a variety of shapes, sizes and profiles.<sup>7</sup>



*Firmer Feel.*

*Flexible Volume.*

## **Firmer Feel**

Saltwater solution filled implants are firmer to the touch than gel-filled implants.<sup>11</sup>

## **Flexible Volume**

Fill volumes are flexible and can be adjusted in the operating room to achieve your desired result.<sup>11</sup>





## 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 expertises.<sup>5</sup>





# MENTOR® Silicone Gel Implants

# 10

CLINICAL STUDIES<sup>18</sup>

# 200K

WOMEN PARTICIPATED<sup>18</sup>

*The Difference is Inside*

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

## YOU USE PRODUCTS WITH SILICONE EVERY DAY:

Silicone has been  
used for over

# 50 Years<sup>19</sup>



ANTI-PERSPIRANT, HAND LOTION,  
MAKEUP, HAIRCARE PRODUCTS



MEDICAL DEVICES AND COMPATIBLE  
WITH HUMAN TISSUE.



BABY PRODUCTS SUCH AS  
BOTTLES AND PACIFIERS.

<sup>18</sup> Summary of the Safety and Effectiveness of Mentor's MemoryGel® Silicone Gel-Filled Implants in Patients who are Undergoing Primary Breast Augmentation, Primary Breast Reconstruction, or Revision. 10-Year Core Gel Final Clinical Study Report. April 2013. MemoryGel® Post Approval Study Seventh Annual Report, November 5, 2013. Adjunct Study Final Report for Mentor's MemoryGel® Silicone Gel-Filled Breast Implants, 02 November 2012. Mentor Worldwide, LLC. MemoryShape™ Post-Approval Cohort Study (formerly Contour Profile Gel Core Study) Final Clinical Study Report. 02 June 2015. Mentor Becker Expander/Breast Implant Clinical Trial 2013 Annual Report. Adjunct Study Annual Report for Mentor's Becker Adjustable Breast Implants. Year 18 (September 1992- November 2010). October 3, 2011. CPG Styles Study. A Study of the Safety of the Contour Profile Gel Breast Implants in Subjects who are Undergoing Primary Breast Augmentation, Primary Breast Reconstruction, or Revision. 2015. MemoryShape™ Post-Approval Continued Access Study (formerly Contour Profile Gel Continued Access Study). 2014. Athena Study annual report (Sept 2018). A Study of the Safety and Effectiveness of the Mentor® Smooth and Textured Larger Size MemoryGel® Ultra High Profile (UHP-L) Breast Implants in Subjects who are Undergoing Primary Breast Reconstruction or Revision Reconstruction. Glow Study annual report (Feb 2018). Memory Gel and Shape Combined Cohort Post Approval Study.

# 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.<sup>20</sup> It appears as swelling of the breast caused by fluid around the implant, usually at least 1 year after surgery.<sup>21</sup> It can also cause pain, lumps, swelling, or asymmetry.<sup>20</sup> The recommendation is the removal of the breast implant and surrounding tissue. Treatment has been successful when found early.<sup>22</sup>

BIA-ALCL is uncommon:<sup>20</sup> as of October 2020, there have been 976 confirmed cases worldwide,<sup>23</sup> of the estimated 5-10 million women with breast implants.<sup>20</sup> The FDA and companies like MENTOR® continue to monitor BIA-ALCL reports. You can find more information about it from the FDA.<sup>20</sup>

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.<sup>20</sup>





The MENTOR® Promise Protection Plan is a  
*highly comprehensive protection plan*  
assured by Johnson & Johnson,  
a global leader in Healthcare with over 130 years of experience<sup>\*24</sup>

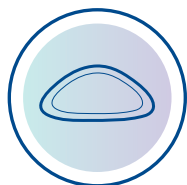
\* Based on warranty comparisons of the following breast implants. The third party trademarks used herein are the trademarks of the respective owners.



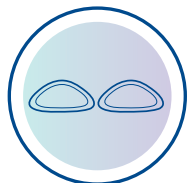
*Lifetime*  
REPLACEMENT  
for rupture\*<sup>25</sup>



*Up to*  
€1000 FINANCIAL  
ASSISTANCE  
coverage for Rupture†<sup>25</sup>



*Free*  
PRODUCT  
REPLACEMENT  
in the events of capsular  
contracture (Baker III/VI), double  
capsule and late stage seroma†<sup>25</sup>



*Free*  
CONTRALATERAL  
IMPLANT  
at your surgeons request†<sup>25</sup>



*Free*  
AND AUTOMATIC  
ENROLMENT<sup>25</sup>

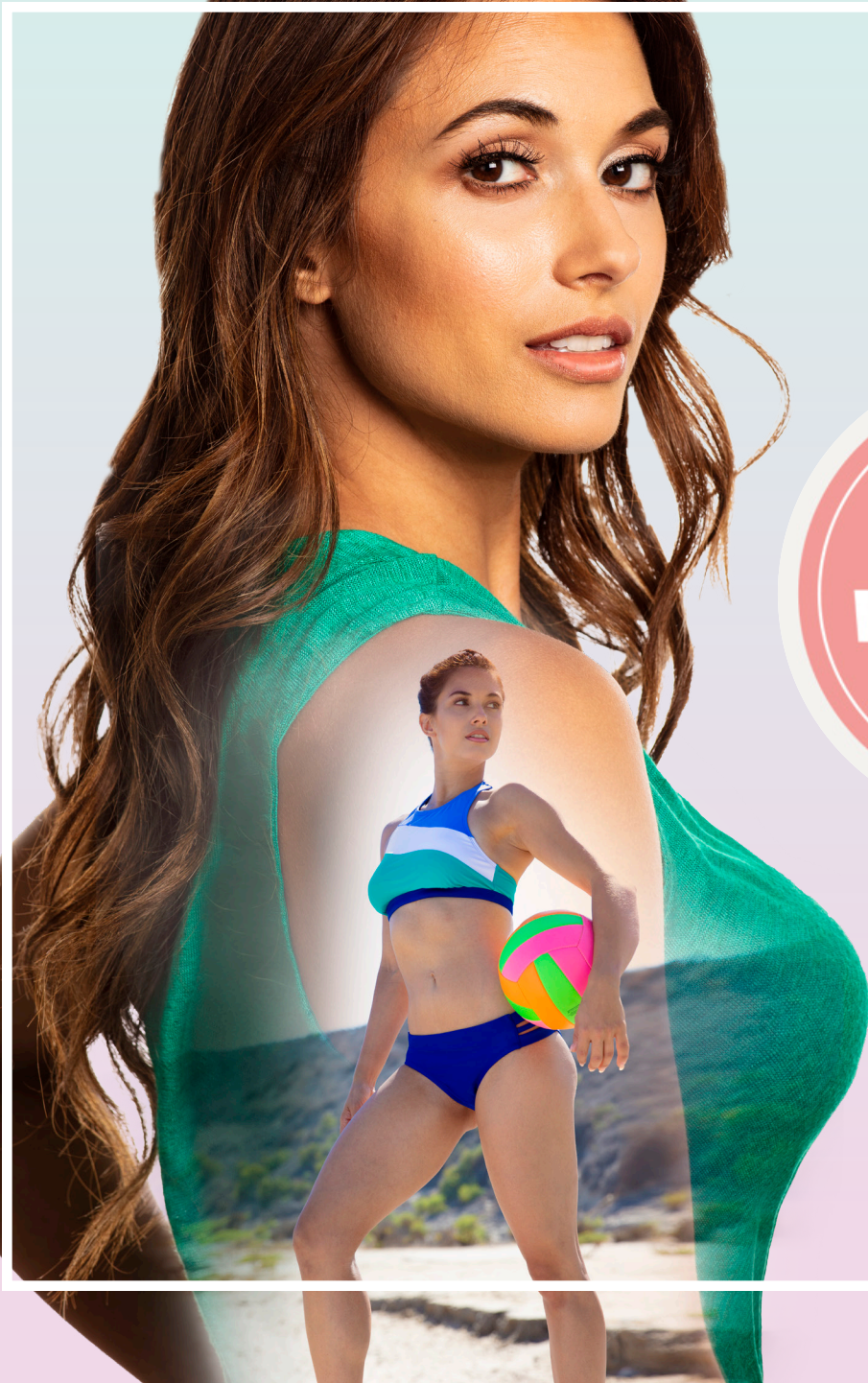
\* In the event of an unexpected rupture (loss of shell integrity), MENTOR® will provide replacement of a MENTOR® Product of any size in the same style as the originally implanted product free of charge for the lifetime of the patient. Upon the surgeon's request, a different implant style may be selected (subject to a charge of the difference between product list prices).

† 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 related 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 a 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 of the originally implanted product.







realself.  
**Most  
Worth It**

2019 PATIENTS' CHOICE

Mentor Breast Implants<sup>3</sup>

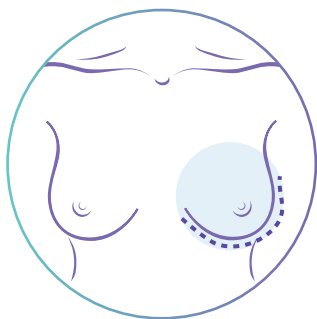


## Your *Breasts*. Your *Procedure*.

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.

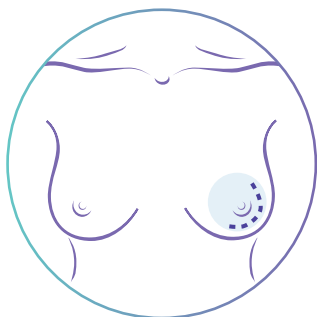
# How Your Implants Are Placed

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



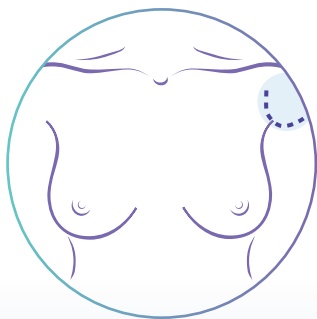
## Inframammary Fold Incision

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—Discuss with your surgeon 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 regular monitoring 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 log on on to the [breastimplantsbymentor.eu](http://breastimplantsbymentor.eu)

Local Address Here



## Making an Informed Decision

Here are additional resources that can provide more information:

### International Society Aesthetic plastic Surgery

<https://www.isaps.org/>

### European Association of Plastic Surgeons

<https://www.euraps.org/>

### Europe Association of Societies of Aesthetics Plastic Surgery

<https://www.easaps.org/>

### European Society of Plastic, Reconstructive and Aesthetic Surgery

<http://www.espras.org/>

### American Society of Plastic Surgeon

[www.plasticsurgery.org](http://www.plasticsurgery.org)

### The British Association of Aesthetic Plastic Surgeons

[www.baaps.org.uk](http://www.baaps.org.uk)

### French Society of Plastic Surgeons

[www.plasticiciens.fr](http://www.plasticiciens.fr)

### German Association of Plastic Surgeons

[www.dgpraec.de](http://www.dgpraec.de)

### Italian Society of Plastic Surgeons

[www.sicpre.it](http://www.sicpre.it)

### Spanish Society of Plastic Surgeons

[www.secpre.org](http://www.secpre.org)



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Instagram

[@breastimplantsbymentor](https://instagram.com/breastimplantsbymentor)

## IMPORTANT SAFETY INFORMATION

The MENTOR® Collection of Breast Implants are indicated for breast augmentation - in women who are at least 18 years old for MENTOR® MemoryGel® Breast Implants, MENTOR® CPG™ Breast Implants, or 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. The chance of developing complications increases over time. 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™ Breast 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. Breast implants are also associated with the risk of breast implant-associated anaplastic large cell lymphoma (BIA-ALCL), an uncommon type of lymphoma. An individual's risk of developing BIA-ALCL with MENTOR® Breast Implants is low based on the data currently available on the incidence of worldwide cases.

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Mentor Worldwide, LLC



**10** Clinical  
Studies  
with over  
**200,000**  
WOMEN Enrolled<sup>18</sup>

**97%** Patients  
Highly Satisfied\*<sup>2</sup>  
with Their  
Implant Decision

**#1**

Global Brand<sup>4</sup>

Nearly  
**7M**  
Women Chose<sup>1</sup>  
MENTOR® Silicone Breast Implants

TRUSTED OVER  
**30**  
*Years*<sup>4,5</sup>

\* Based on patient survey at 10 years in the Mentor MemoryGel Breast Implant 10-year core Gel Clinical Study Final Report.