

CANADA

# Breast Augmentation Options



 **MENTOR**<sup>®</sup>  
Make life more beautiful<sup>™</sup>



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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

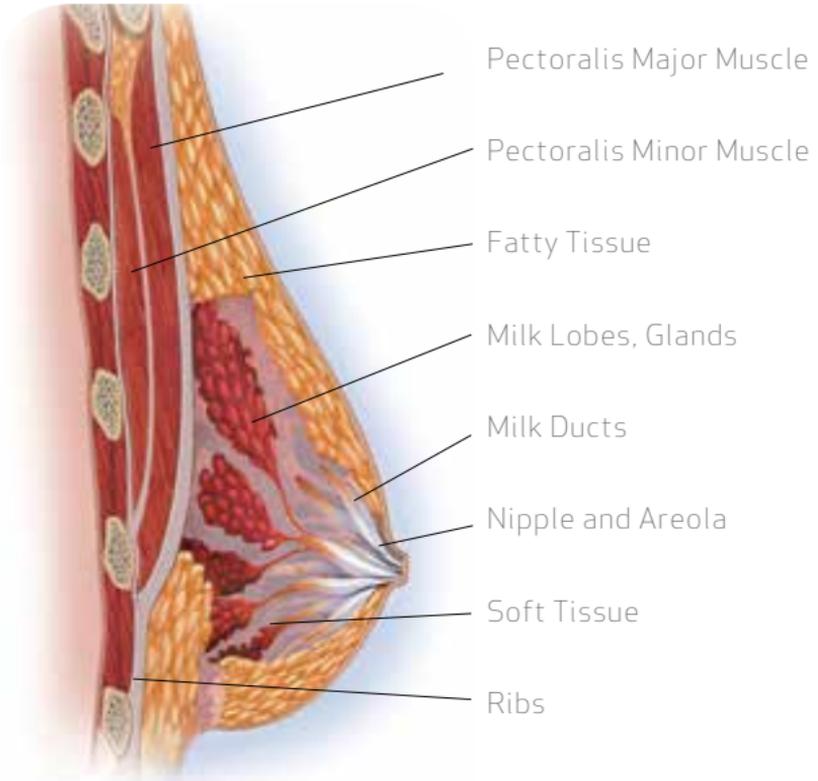
Your reasons are very personal, and your decisions about breast augmentation should be made by you and your physician based on your personal needs, desires and expectations.

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

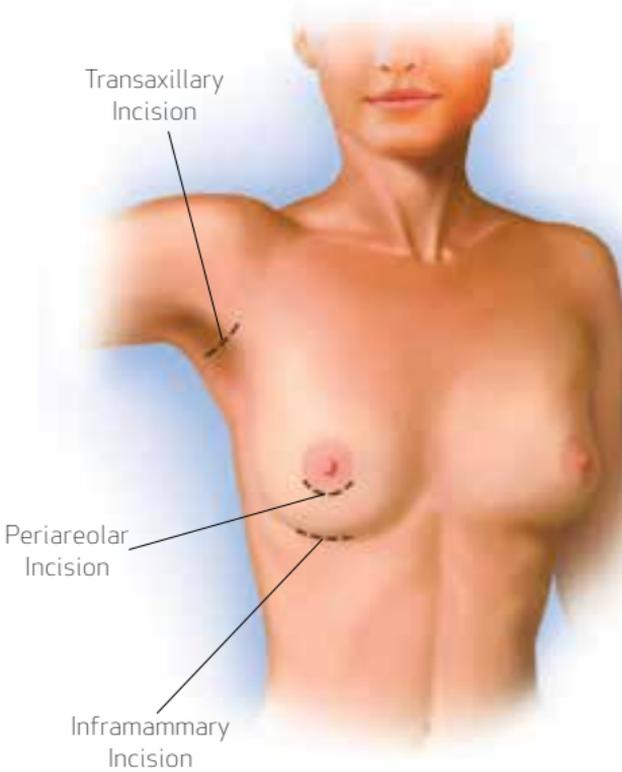
This brochure is designed to help you understand more about breast augmentation and all the options you have. It is not intended to replace any discussions between you and your physician.

# 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.

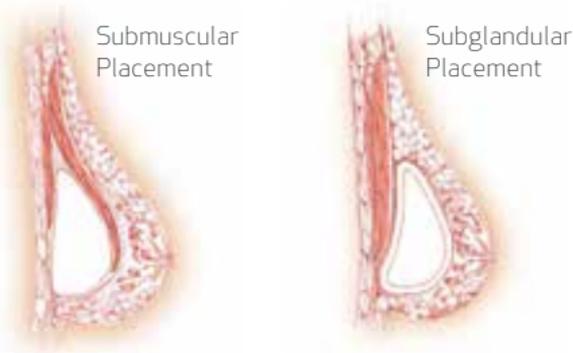
# INCISION AND PLACEMENT CHOICES (continued)

## 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 Mentor 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® Gel Breast 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

## 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. The MENTOR® 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: Moderate, Moderate Plus, High, and Ultra High.



## 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 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



SILTEX® Round  
Moderate Profile Implant



SILTEX® Round  
Moderate Plus Profile Implant



SILTEX® Round  
High Profile Implant



SILTEX® Round  
Ultra High Profile Implant

Also available in smooth surface.



SILTEX® CONTOUR PROFILE® Implant

Available in three different implant heights  
and various projections.

## Saline Filled Breast Implants



Smooth Round  
Moderate Profile Implant



SILTEX® Round  
Moderate Profile Implant



Smooth Round  
Moderate Plus Profile Implant



Smooth Round  
High Profile Implant



SILTEX® CONTOUR PROFILE®  
Moderate Implant



SILTEX® CONTOUR  
PROFILE® High Implant



SILTEX® Round SPECTRUM®



SILTEX® 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 Policy<sup>1</sup>.

For additional implant safety information, consult the *Important Information for Augmentation Patients about MENTOR® MemoryGel® Silicone Gel Filled Breast Implants* patient brochure and the *Saline Filled Breast Implant Surgery: Making An Informed Decision* patient brochure.

<sup>1</sup> Please review the full terms of our Lifetime Product Replacement Policy at [www.mentorwllc.com/global-ca/warrantyinformation.aspx](http://www.mentorwllc.com/global-ca/warrantyinformation.aspx)

# FREQUENTLY ASKED QUESTIONS

## What is silicone?

### Silicone Material

Silicone is derived from silicon, a semi-metallic or metallike element that in nature combines with oxygen to form silicon dioxide, or silica. Beach sand, crystals, and quartz are silica. Silica is the most common substance on earth. Heating silica with carbon at a high temperature can produce silicon. Further processing can convert the silicon into a long chemical chain, or polymer, called silicone - which can be a liquid, a gel, or a rubbery substance. Various silicones are used in lubricants and oils, as well as in silicone rubber. Silicone can be found in many common household items, such as polishes, suntan and hand lotion, antiperspirants, soaps, processed foods, waterproof coatings, and chewing gum.

## Are silicone implants safe?

### Safety of Silicone

Special studies have been done and have determined that much higher levels of silicone have been found in cows' milk and commercially available infant formula than are found in the breast milk of women with implants. The Institute of Medicine concluded that "There is no evidence that silicone implants are responsible for any major diseases of the whole body. Women are exposed to silicone constantly in their daily lives." For more information regarding the safety of silicone please refer to the Institute of Medicine Report (IOM) at: [www.nap.edu](http://www.nap.edu).

## What is Capsular Contracture?

### Capsular Contracture

The scar tissue or capsule that normally forms around the implant may tighten and squeeze the implant and is called capsular contracture. Capsular contracture is more common following infection, hematoma, and seroma. It is also more common with subglandular placement. Symptoms range from firmness and mild discomfort, to pain, distortion, palpability of the

implant, and/or displacement of the implant. Additional surgery is needed in cases where pain and/or firmness is severe. This surgery ranges from removal of the implant capsule tissue to removal and possibly replacement of the implant itself. Capsular contracture may happen again after these additional surgeries. You should be aware that closed capsulotomy, the practice of forcible squeezing or pressing on the fibrous capsule around the implant to break the scar capsule, is not recommended, as this may result in breakage of the implant.

## **Why Does the Body Form a Capsule Around the Implant?**

As a natural reaction to any device placed in the body, scar tissue will form around the breast implant surface creating a capsule.

## **Do implants influence the occurrence of breast cancer?**

### **Breast Cancer**

No studies have ever shown this to be a concern for humans. There is no evidence that implants cause cancer.

## **How do breast implants affect mammography?**

### **Mammography**

Breast implants may interfere with finding breast cancer during mammography and may make mammography more difficult. It is important that you tell your mammography technologist that you have an implant before the procedure. Special displacement techniques and additional views may be required. Discuss any family history of breast cancer with your doctor.

## **Is it possible to get a silicone allergy?**

### **Silicone Allergy**

It is possible for anyone to develop an allergy to almost any substance on earth, however silicone allergies are very rare. We are all exposed to silicone in our environment everyday. It is found in many household items, such as polishes, suntan and hand

lotion, antiperspirants, soaps, processed foods, waterproof coatings, and chewing gum.

## **What is the average life expectancy of an implant?**

### **Implant Life Expectancy**

Implants are not lifetime devices; therefore it is likely that they may need to be replaced sometime in your life. The time period varies from woman to woman. Some women need replacement surgery in only a few years while others may go 10-20 years. There are several different reasons why a woman might need replacement surgery. Sometimes it is a matter of choice, such as a size change or an implant style change, and sometimes removal and replacement is necessary because of a complication, such as deflation, or shifting of the implant.

## **How long should I wait to resume exercise and other strenuous activities after implant surgery?**

### **Recovery / Activities / Exercise**

Your doctor will be your best guide regarding how long you will need to remain off work and will advise you when and how to resume activities. Recovery periods vary from woman to woman. Generally the first few days are the most uncomfortable. The average time to return to full activities is four to six weeks.

It is important not to sweat into the incision while it is healing. Therefore curtail activity and sun tanning until after the incision is healed and sealed. Don't over-do activity, especially of the upper body, too early. Let your body rest and heal. You want to minimize swelling around the implant. Going into a Jacuzzi or bath after a month is usually ok. During the early time, one to two weeks following surgery, you don't want to soak the incision.

Be sure you check with your doctor before returning to your workouts. Patients vary greatly in recovery times. Walking is generally recommended to

encourage circulation. The larger the implant you receive the heavier the breasts will be. You should wear good support bras while running to minimize pull on the skin and ptosis (drooping) of the breast.

## **Can I go to a tanning salon or sunbathe if I have implants?**

### **Tanning Salon / Sunbathing**

Tanning at salons or sunbathing will not hurt the implant but may make the scars worse. You should avoid getting sun or tanning rays on the incisions for at least one year after surgery as tanning rays will turn the incisions dark permanently. The implant may feel warm and may take longer to cool down than your body.

## **When can I fly and/or scuba dive?**

### **Flying / Scuba Diving**

Many women scuba dive and fly in airplanes with implants. There may be slight expansion and contraction of the shell with changes in pressure. This may result in a small amount of air bubbles in the implant. With gel implants as with saline filled implants you may feel or hear fluid sounds (gurgling). This should correct itself within 24-48 hours.

## **When can I wear an under wire bra again?**

### **Under Wire Bra**

Most doctors ask that women wait 3 months before wearing under wire bras after implant surgery. Your body will be forming scar tissue around the implant for 3 months. During this time the pressure of the wires could cause the scar tissue to form in such a way that an indentation from the wires could become permanent. After this initial healing time, under wire bras should be worn intermittently to avoid permanent indentation.

## **Will my breasts still move like normal breasts?**

### **Breast Movement**

This depends upon multiple factors, such as the type of implant you receive, the pocket dissection, the way

your body holds the implant and whether or not there is any degree of capsular contracture. It is possible for many women to have breast implants that are soft and move nicely, while other women have results that are firmer with an implant more fixed in position.

## **How much does the implant weigh?**

### **Implant Weight**

The weight of an implant varies with size and fill volume. A 250 cc implant filled with 250 cc of gel weighs approximately 250 grams.

## **I'm over 50 years old. Am I too old to get breast implants?**

### **Age**

General good health is important, not age.

## **What effect does smoking have on the healing process after surgery?**

### **Smoking Effects**

Smoking causes the blood vessels to constrict, reducing the blood supply and the oxygen carried by the blood to the surgical area. The tissues need this blood supply and the oxygen that the blood carries in order to heal. When the blood supply is reduced the tissues heal more slowly. Different doctors have different time frames for patients to refrain from smoking before and after surgery. We hear anything from five weeks prior and after, to one to two weeks prior and after. Ask your doctor how long he/she would like you to stop smoking before and after your surgery.

## **Should I be at my ideal weight before I have a breast implant procedure?**

### **Weight Gain or Loss**

You should be close to your ideal weight. A significant loss of weight after receiving breast implants could alter the results in a manner that is not satisfactory to you. There could be some ptosis (drooping) and a reduction in size. A significant gain in weight could cause an increase in breast size.

## Can I still breast-feed?

### Breast Feeding

Many women with breast implants have successfully breast fed their babies. Current studies indicate that women with breast implants, either gel or saline, do not have any higher levels of silicone in their milk than women without breast implants. Breast implants can, however, interfere with the ability of some women to breast-feed. The peri-areola incision site is more likely to affect this ability. Some women experience mastitis, inflammation in the breast ducts, during this time, which can also cause capsular contracture. Taking antibiotics when symptoms first appear may minimize the potential for this problem. You should always report signs of inflammation to your physician.

## 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.

Canadian Society of Plastic Surgeons  
[www.plasticsurgery.ca](http://www.plasticsurgery.ca)

# 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 result 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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