Ready for your AUGMENTATION CONSULTATION?

From a subtle change to a dramatic difference, it's time to find the look that's right for you.

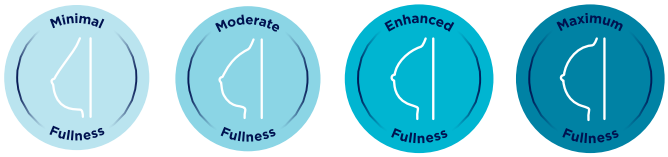


Emily
Actual *Natrelle* INSPIRA® Cohesive primary augmentation patient.
Individual results may vary.

Your consultation is the perfect time to talk to your surgeon about the look you want.
These 4 tips will prepare you for your appointment.

#1 How much FULLNESS do you want?

Talk to your surgeon about the type of look you have in mind—whether it's a little fullness or a lot.



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

#2 Think BEYOND implant size.

Implant size is important to your desired look, but it's not the only thing to think about.

Also talk to your surgeon about profiles (how far the implant projects from your body).

Did you know

Natrelle INSPIRA® Breast Implants come in 600 options, 5 profiles, and 3 gummy gels. With so many options, how do you choose?

Your surgeon will help you choose the right profile, size (cc), and level of gumminess based on your body structure and aesthetic goals.

Natrelle® Breast Implants Important Information

Who may get breast implants?

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

- **Breast augmentation for women at least 22 years old for silicone-filled implants.**
  Breast augmentation for women at least 18 years old for saline-filled implants.

Breast augmentation includes primary breast augmentation to increase breast size, as well as revision surgery to correct or improve the result of a primary breast augmentation surgery.

Please see *Natrelle*® Breast Implants Important Safety Information on following pages.

Natrelle®





Dessiree
Actual *Natrelle* INSPIRA® Cohesive primary augmentation patient.
Individual results may vary.

#3 Know your *Natrelle*® OPTIONS.

Only *Natrelle*® offers round gel implants with 3 different levels of gumminess. Gummy describes the consistency of the silicone gel.



#4 Bring a WISH list.

Saying you want a fuller look could mean one thing to you and something different to the woman sitting next to you. Show your surgeon photos of what you consider the desired pair of breasts.

Did you know

Each implant has a different level of softness. Ask your surgeon if you can feel each implant during your consultation.

Curious which questions you should ask during your consultation?
See our augmentation checklist on the following pages!

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.

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.

Please see additional Important Safety Information on following pages.

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Ashley
Actual *Natrelle* INSPIRA® Cohesive primary augmentation patient
Individual results may vary.

Your AUGMENTATION CONSULTATION checklist

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 more you know, the more comfortable you'll feel.

NAME OF PLASTIC SURGEON _____

1. Are you a board-certified surgeon?
2. How many breast implant surgeries do you perform in a month? In a year?
3. What is your experience with gummy implants from *Natrelle*®?
4. Do you have any before-and-after photos of patients with *Natrelle*® breast implants I can see?
5. Which *Natrelle* INSPIRA® implant can give me the fullness I want?
6. Do you have any *Natrelle* INSPIRA® breast implants I can feel?
7. Which *Natrelle* INSPIRA® breast implants do you recommend for my body?
8. What size breast implant do you recommend for me? Which profile?
9. What are the differences between the gummy gels in *Natrelle* INSPIRA® implants?

See the next page for more questions to ask during your consultation.

IMPORTANT SAFETY INFORMATION (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 (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

Please see additional Important Safety Information on following page.

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Your
AUGMENTATION CONSULTATION
checklist

Jennifer
Actual *Natrelle* INSPIRA® Cohesive revision augmentation patient.
Individual results may vary.

10. Are silicone-filled gummy breast implants safe?

11. How long will the surgery take?

12. What are the risks and complications associated with breast implants?

13. What can I expect during my recovery?

14. On average, how soon after surgery can patients exercise?

15. Where will my incision be? Will I have a scar?

16. Is there anything I can do to potentially minimize the look of scars?

17. What will my breast implants likely look like over time?

18. How long do breast implants usually last?

19. How will breast implants affect having a mammogram?

20. Will my breast implants change after childbirth/breastfeeding?

21. Will my look change if I gain or lose weight?

22. Additional questions and notes _____

_____

_____

IMPORTANT SAFETY INFORMATION (continued)

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.

Natrelle® Breast Implants are available by prescription only.

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