

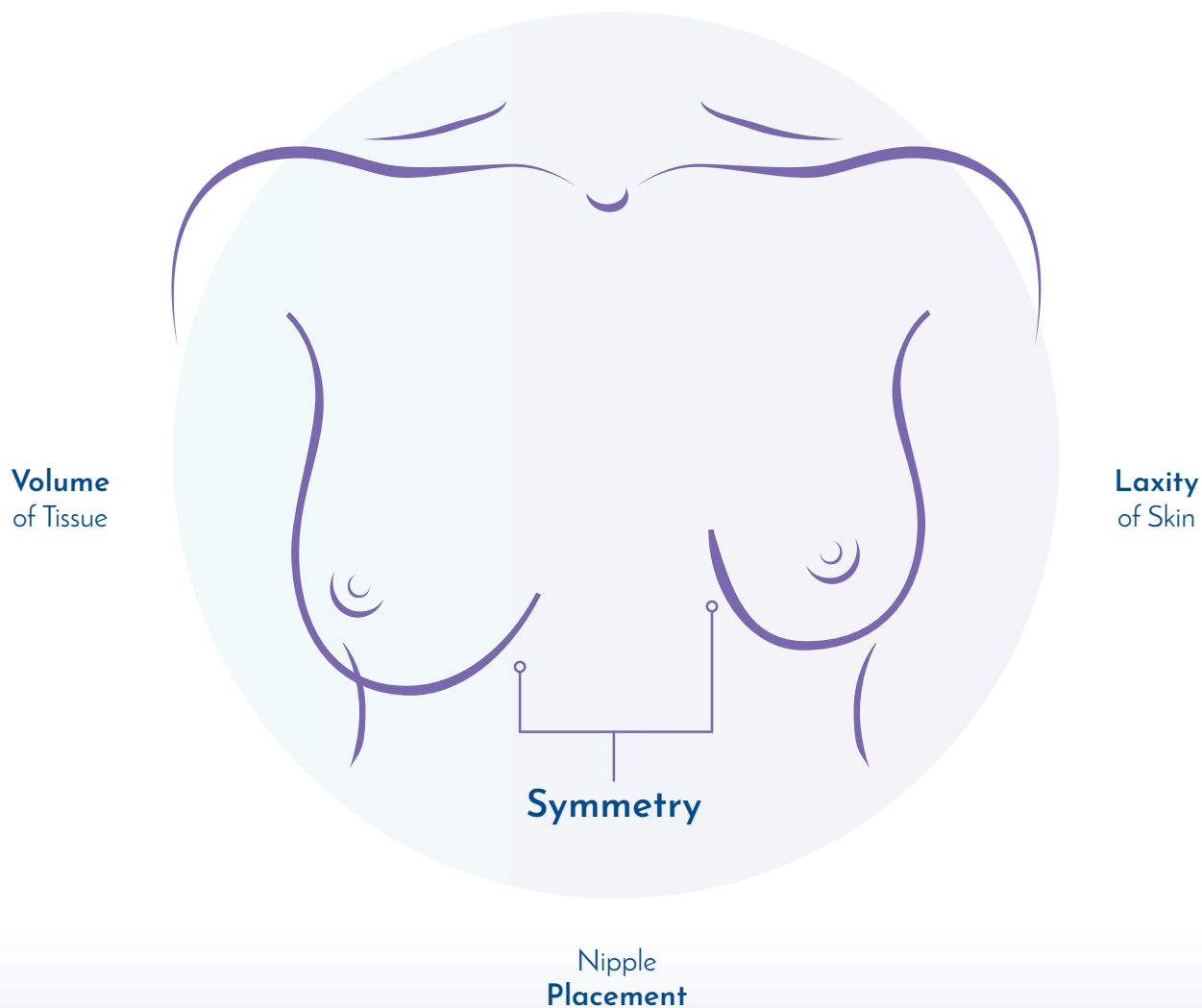
Your Breasts. Your Vision.

Breast Augmentation Guide



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.





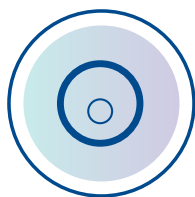
Volume of Tissue

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 is a different size. Depending on how different they are, you may need to select differently sized implants to improve their symmetry.

Choose Your Preferred Style

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.

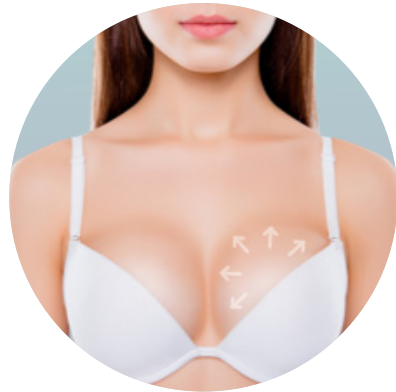


Projection

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?



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”)¹
- Two shell surfaces: smooth and textured²
- Mentor most chosen breast implant³

Round Gel

Shaped Gel



**MENTOR® CPG™
Breast Implants**

SHAPED GEL IMPLANTS

- Contoured tear-drop shape⁴
- Textured shell²
- Pre-filled with a proprietary cohesive 3 gel⁵

Saline



**MENTOR® Saline
Breast Implants**

SALINE IMPLANTS

- Filled with sterile saline water similar to fluid found in the body⁶
- Flexible fill in the operating room⁶
- Firmer feel vs. cohesive silicone gel⁶

MENTOR® MemoryGel® Breast Implants

Own the day with our most popular implant choice.³ Millions of women have enhanced their looks with the natural feel of MENTOR® MemoryGel® Breast Implants.

97%
Satisfied
WOMEN^{§7}



MemoryGel® Breast Implants Have a
Soft, Natural Feel^{*8}

- Proprietary silicone gel formula for a natural feel that resembles breast tissue.^{**9}
- Set fill volume for predictable results
- Five projection options: moderate plus, high profile and ultra high profile, moderate plus Xtra and high profile Xtra²

§ 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

MENTOR® MemoryGel® Xtra



9 out of 10
Women Have Chosen
MemoryGel™ Xtra
in a head-to-head blinded in-person
tabletop product comparison
(MemoryGel Xtra vs. leading
competitors) with 452
respondents.*⁸

MemoryGel® Xtra Breast Implants Have Increased

Soft, natural feel ^{§10} *with...*



Xtra Projection

In 85% of the corresponding profiles, MemoryGel® Xtra Breast Implants provide more projection by base width than two leading competitor product's Profiles. ^{†10,11}



Xtra Fullness

Precision-filled and provide increased fullness when compared to MemoryGel® Breast Implants.^{§10}

[†] 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. For substantiation please contact us through <https://www.jnjmedicaldevices.com/en-GB/companies/mentor>

[§] 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 shape the breast and help create a desirable look with shape retention.¹³



97%
Satisfaction
RATE AT 10 YEARS⁴

*Projection. Performance.
Peace of Mind.*

Projection

Tapered shape provides more implant projection at the lower pole, offering maximum projection where needed.⁴

Performance

Low reported incidence of key complications in primary breast augmentation at 10 years.*¹³

Peace of Mind

Made with SILTEX™ Microtexture**, which can contribute to a reduction in key complications in primary augmentation.¹⁴

⁴ *Based on patient survey at 10 years in the Mentor® MemoryGel™ Breast Implant 10 - Year Core Gel Clinical Study Final Report.

+ 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.

*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. For alternate claim only. Based on key complication rates (rupture and capsular contracture).

**According to ISO 14607.

MENTOR® Saline Breast Implants

MENTOR® Saline Breast Implants are available in a variety of shapes, sizes and profiles.²



Firmer Feel.

Flexible Volume.

Firmer Feel

Saltwater solution filled implants are firmer to the touch than gel-filled implants.⁶

Flexible Volume

Fill volumes are flexible and can be adjusted in the operating room to achieve your desired result.⁶



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 expertise.



Own Your Decision

MENTOR® Breast Implants are backed by substantial clinical data demonstrating safety and effectiveness in primary and revision augmentation and reconstruction patients. 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)

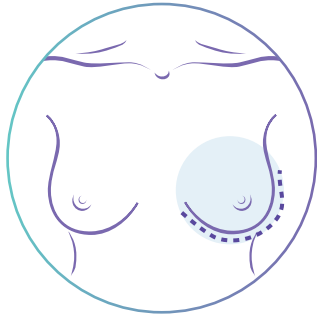
BIA-ALCL is an uncommon type of lymphoma found in women with breast implants.¹⁵ It appears as swelling of the breast caused by fluid around the implant, usually at least 1 year after surgery.¹⁶ It can also cause pain, lumps, swelling, or asymmetry.¹⁵ The recommendation is the removal of the breast implant and surrounding tissue. Treatment has been successful when found early.¹⁷

BIA-ALCL is uncommon:¹⁵ as of October 2020, there have been 976 confirmed cases worldwide,¹⁸ of the estimated 5-10 million women with breast implants.¹⁵ The FDA and companies like MENTOR® continue to monitor BIA-ALCL reports. You can find more information about it from the FDA.¹⁵

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.¹⁵

How Your Implants Are Placed

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



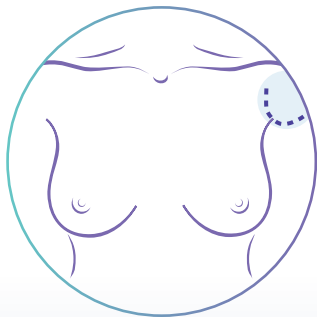
Inframammary Fold Incision

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

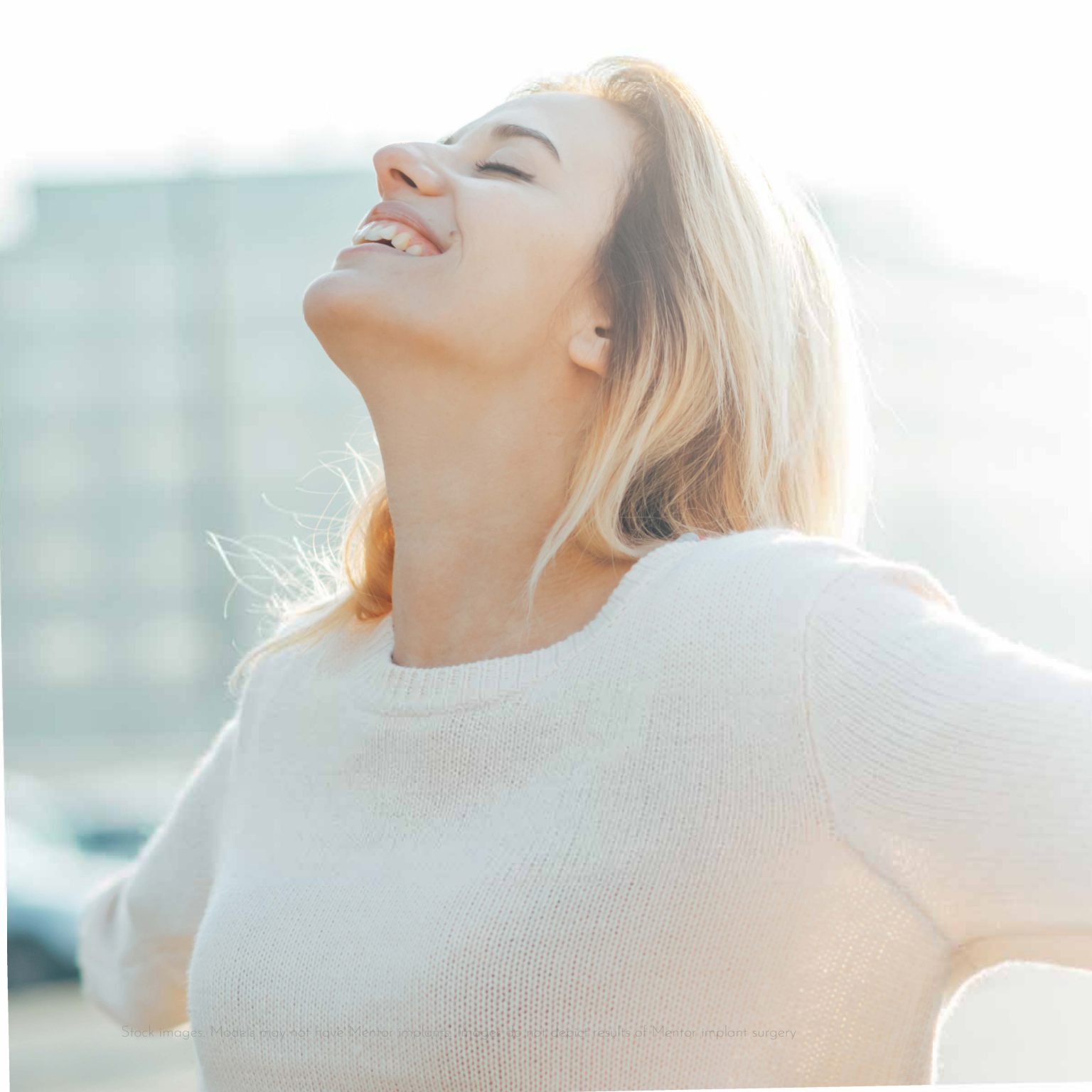


Subglandular Placement

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



Stock images. Models may not have Mentor implants. Images do not depict results of Mentor implant surgery.

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.



The MENTOR® Promise Protection Plan is a

highly comprehensive protection plan

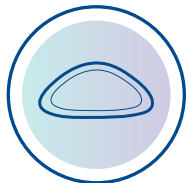
assured by Johnson & Johnson,
a global leader in Healthcare with over 130 years of experience¹⁹



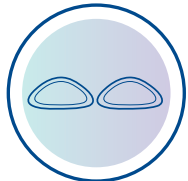
Lifetime
REPLACEMENT
for rupture*²⁰



Up to
€1000 FINANCIAL
ASSISTANCE
coverage for Rupture†²⁰



Free
PRODUCT
REPLACEMENT
in the events of capsular
contracture (Baker III/VI),
double capsule and late stage
seroma†²⁰



Free
CONTRALATERAL
IMPLANT
at your surgeon's
request†²⁰



Free
AND AUTOMATIC
ENROLMENT²⁰

* Lifetime guarantee for unexpected rupture (loss of shell integrity): MENTOR® will provide a replacement MENTOR® product in the same style free of charge for the lifetime of the patient.

† Contribution to revision surgery due to confirmed rupture during the first 10 years from implantation: for eligible patients, MENTOR® will pay up to €1000 towards the patient's uninsured out-of-pocket costs of revision surgery.

‡ 11-year guarantee for capsular contracture, double capsule or late-stage seroma in augmentation surgery: if any of these events occurs within 10 years from the date of implantation, MENTOR® will provide a replacement MENTOR® product in the same style free of charge. Subject to eligibility and other terms and conditions. See <https://breastimplantsbymentor.net/en-GB/warranty> for full details. These guarantees are in addition to your legal rights in relation to defective products or services, which are unaffected.



10 Clinical
Studies
with over
200,000
WOMEN Enrolled²¹

97%
Patients
Highly Satisfied^{*7}
with Their
Implant Decision

#1
Global Brand²³

Nearly
7M
Women Chose²²
MENTOR® Silicone Breast Implants

TRUSTED OVER
30
*Years*²⁵

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

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.

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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Find Out More

For additional information or questions about MENTOR® Breast Implants, please log on to:

breastimplantsbymentor.net/en-GB

Follow Us Online



Instagram

@breastimplantsbymentoruk

Making an Informed Decision

Here are additional resources that can provide more information:

The British Association of Aesthetic Plastic Surgeons - www.baaps.org.uk

British Association of Plastic Reconstructive and Aesthetic Surgeons - <https://www.bapras.org.uk/public/about-plastic-surgery>

NHS - <https://www.nhs.uk/conditions/cosmetic-procedures/breast-enlargement/>



THE
AVOCA
CLINIC

The Avoca Clinic

Glencormack Business Park
Kilmacanogue, A98 WK27
Co. Wicklow

Tel: +353 1 201 4563

Email: info@avocaclinic.ie

The Avoca Clinic is a world-class plastic surgery clinic that's dedicated to helping you look and feel your best self.

Nestled discreetly just outside South County Dublin, you can expect the very latest in cosmetic procedures performed by an expert team who are committed to achieving the most natural looking results.