

Breast Augmentation OPTIONS



 **MENTOR**[®]
MAKE LIFE MORE *beautiful*[™]



Contents

- 1 Introduction
- 2 Anatomy of the Breast
- 3 Incision and Placement Choices
- 5 Your Surgery
- 6 Before & After Surgery Pictures
- 6 Your Recovery
- 7 Questions to Ask Your Plastic Surgeon

For additional information or queries
please send an email to
mentor-india@its.jnj.com

All requests will be treated as confidential.





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

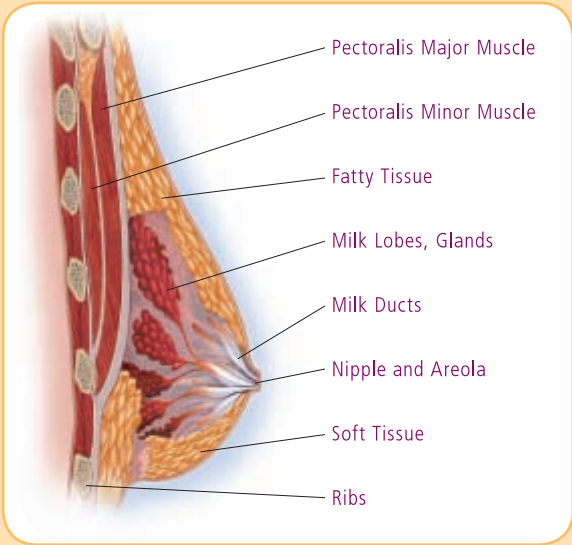
Your reasons are very personal, and your decisions about breast augmentation should be made by you and your physician based on your personal needs, desires and expectations.

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.

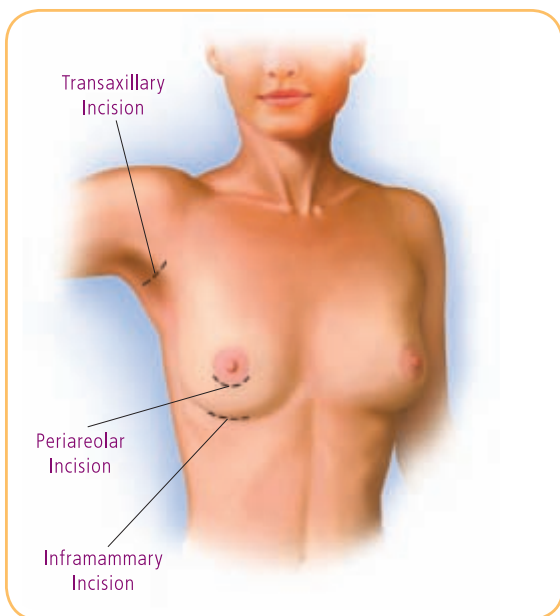


Anatomy of the Breast



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.

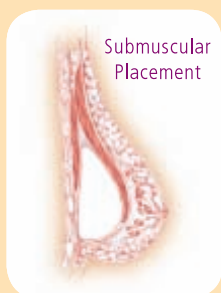
Incision and Placement Choices (continued)

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.

Your Surgery

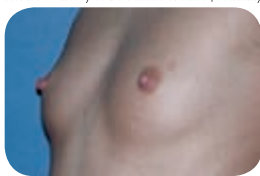
Breast augmentation procedures are usually performed in a hospital room or surgery center. You normally can go home the same day as your surgery. General anesthesia is typically used, so you will be asleep during your procedure.

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.

Before & After Surgery Pictures

Photos courtesy of Dr. Fabian Weiller (Germany)

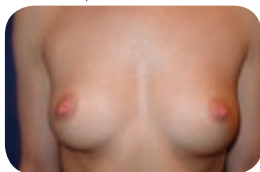


Before



After

Photos courtesy of Dr. Claudio De Lorenzi (Canada)



Before



After

Photos courtesy of Dr. Bill Adams (USA)



Before



After

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.

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?





For additional information or queries
please send an email to
mentor-india@its.jnj.com

All requests will be treated as confidential.

