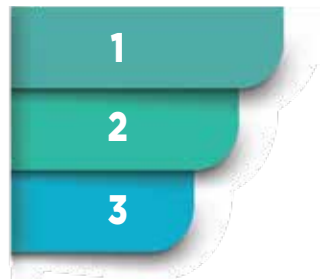




The  
Natrelle INSPIRA® System in  
**3 SIMPLE  
STEPS**



A bi-dimensional planning guide for breast implant selection

# Not All Breast Implants ARE CREATED EQUALLY

The *Natrelle* INSPIRA® breast implant system was developed with biodimensional planning in mind. The INSPIRA® system offers **300 options** to meet the unique needs of each patient. It is comprehensive, yet easy to navigate, with systematic diameter sizing in base-width measurement at increments of 0.25 cm for an organized and predictable portfolio.<sup>1</sup>

## Why Is Biodimensional Planning IMPORTANT?

Patient anatomy and desired aesthetic outcome are important to implant selection. Implant dimensions should be consistent with patient dimensions in terms of<sup>2,3</sup>:

- Breast base width
- Breast type
- Chest wall size

Biodimensional planning uses 3 simple assessment steps that can help you select a *Natrelle* INSPIRA® implant that fits the unique dimensions of each patient's body and helps to achieve their desired look in terms of projection and upper pole fullness.<sup>1,4,a,\*</sup>

\*Based on implant performance testing; clinical significance has not been established.

<sup>a</sup>**Methodology** Breast implant devices (n = 6 per group) were placed in a horizontal orientation on a sliding stage; the width and maximum projections of the implants were measured using fixed calipers. The devices were then placed in a vertical-supported orientation using a 90° angle, and the width and maximum projections were measured again. From those measurements, the retention of dimension was calculated and the relative change was determined.

# How to use THIS GUIDE

This biodimensional planning guide details the following **3 steps**, which are designed to help you select the implant that will achieve a precise fit and customized look for each patient<sup>1</sup>:

## STEPS

01

Measuring the patient's true breast base width

02

Selecting the implant profile (based on anatomical considerations and aesthetic goals)

03

Selecting the cohesivity (based on desired breast shape and gel distribution)

# Biodimensional Planning STEP 1

## MEASURE the True Base Width of the Breast

Accurately measuring the true base width of the breast is both the first step and the cornerstone of biodimensional planning. Selecting an implant with an accurate breast base-width measurement may help reduce the risk of certain complications.<sup>3</sup>



- ▶ First, measure the base width of the breast in centimeters using either calipers or a tape measure.



- ▶ Next, assess the pinch thickness to arrive at the patient's true base-width measurement.

## The Importance of STEP 1

The true base width of the breast is the key measurement that determines the correct implant diameter for each patient.<sup>3</sup> When you apply this measurement to the *Natrelle* INSPIRA® implant portfolio, you **narrow your options from 300 to 15**.

If the true base width of your patient's breast measures 12.0 cm, locate this number in the first column of the implant selection tool at the back of this guide. The color-coded row that extends across **narrows your options from 300 to 15**.

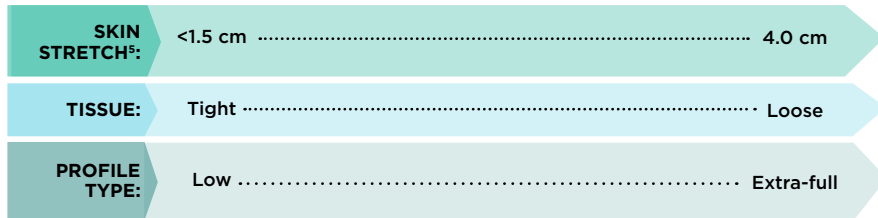
# Biodimensional Planning

## STEP 2

### ASSESS Anatomical Considerations and Aesthetic Goals

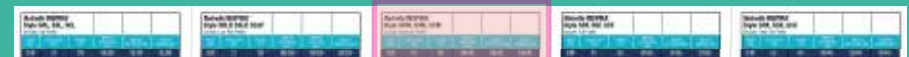
Anatomical considerations include assessing skin stretch, tissue type, and the anatomy of the patient's chest wall.<sup>2,3</sup>

Aesthetic goals include the patient's desired implant volume (cc's) and projection. Implant sizers and/or imaging simulators may be used to help the patient preview and finalize their preferred aesthetic result.<sup>2,3</sup>



## The Importance of STEP 2

Once you have completed the anatomical assessment and discussed with the patient their aesthetic goals, use this information to select a *Natrelle* INSPIRA® implant profile, and **narrow your options from 15 to 3.**



Once you've completed step 2, use the tool at the back of this guide to select the desired implant profile and **narrow your options from 15 to 3.**

# Biodimensional Planning STEP 3

## ASSESS Desired Breast Shape and Pole Distribution to Inform Implant Cohesivity

Assess the patient's preferred breast shape and pole distribution, and use this insight to select the appropriate implant gel type. How well an implant maintains its fullness when held upright and keeps its overall shape depends on its cohesivity. An implant with highly cohesive gel has greater upper pole retention and therefore holds its shape more than an implant with responsive gel.<sup>4,a,\*</sup>



## Additional CONSIDERATIONS

Consider the amount of native breast tissue, parity, and the degree of athleticism when determining the most appropriate implant cohesivity for the patient.<sup>6</sup>

<sup>a</sup>Based on implant performance testing; clinical significance has not been established.  
<sup>a</sup>**Methodology** Breast implant devices (n = 6 per group) were placed in a horizontal orientation on a sliding stage; the width and maximum projections of the implants were measured using fixed calipers. The devices were then placed in a vertical-supported orientation using a 90° angle, and the width and maximum projections were measured again. From those measurements, the retention of dimension was calculated and the relative change was determined.

## The Importance of STEP 3

Assessing the patient's desired implant shape and related pole distribution will help you determine the right cohesivity to meet your patient's needs. When you select a cohesivity you **narrow your options from 3 to 1 preferred implant choice.**

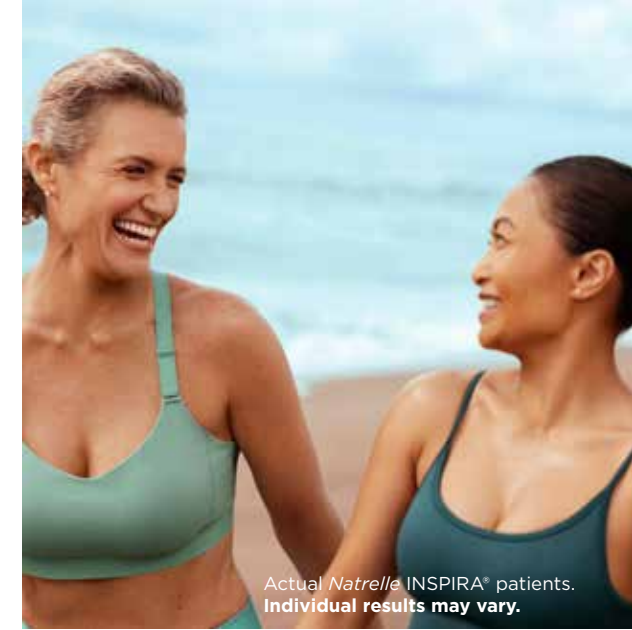
Natrelle INSPIRA® Style SRM, SSM, SCM Smooth, Moderate Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRM)	SMOOTH SOFTTOUCH (SSM)	SMOOTH COHESIVE (SCM)
12.00	4.0	310	SRM-310	SSM-310	SCM-310

After you've located your patient's breast base width and selected the desired implant profile using the tool at the back of this guide, choose a cohesivity to **narrow your options from 3 to 1 preferred implant.**

- ▶ Many surgeons will bring implants that are one size up and down into the operating room, just in case.
- ▶ Natrelle® also provides surgeons with sizers to help confirm the proper implant size to use.

# Navigate Natrelle® in 3 EASY STEPS

The 3 biodimensional planning steps detailed in this guide can help you create a customized look from **300 options**, **5 profiles**, and **3 cohesivities** to fit the dimensions of each patient's body.<sup>1</sup>



Actual Natrelle INSPIRA® patients. Individual results may vary.

Use the implant selection tool on the next page and follow these steps:

- 1 Start with the patient's true breast base width**  
Find your patient's measurement in the first column of the tool. That row **narrows your options from 300 to 15.**
- 2 Select the profile**  
Use your anatomical assessment and the patient's aesthetic goals to choose an implant profile and **narrow your options from 15 to 3.**
- 3 Select the cohesivity**  
To achieve the patient's preferred implant shape and gel distribution, choose a cohesivity and **narrow your options from 3 to 1 preferred implant choice.**

# Navigate Natrelle® in 3 EASY STEPS

**01** Find the patient's true breast base-width measurement

**02** Select the profile (Low, Low-Plus, Moderate, Full, Extra-Full)

**03** Select the cohesivity/gel type (Responsive, SoftTouch, Cohesive)



<b>Natrelle INSPIRA® Style SRL, SSL, SCL</b> Smooth, Low Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRL)	SMOOTH SOFTTOUCH (SSL)	SMOOTH COHESIVE (SCL)
—	—	—	—	—	—
—	—	—	—	—	—
10.00	2.0	110	SRL-110	SSL-110	SCL-110
10.25	2.0	125	SRL-125	SSL-125	SCL-125
10.50	2.1	140	SRL-140	SSL-140	SCL-140
—	—	—	—	—	—
11.00	2.2	170	SRL-170	SSL-170	SCL-170
—	—	—	—	—	—
—	—	—	—	—	—
11.50	2.3	200	SRL-200	SSL-200	SCL-200
—	—	—	—	—	—
12.00	2.4	230	SRL-230	SSL-230	SCL-230
—	—	—	—	—	—
12.50	2.5	260	SRL-260	SSL-260	SCL-260
—	—	—	—	—	—
13.00	2.6	290	SRL-290	SSL-290	SCL-290
—	—	—	—	—	—
13.50	2.7	320	SRL-320	SSL-320	SCL-320
—	—	—	—	—	—
14.00	2.8	350	SRL-350	SSL-350	SCL-350
—	—	—	—	—	—
14.50	2.9	380	SRL-380	SSL-380	SCL-380
—	—	—	—	—	—
15.00	3.0	410	SRL-410	SSL-410	SCL-410
15.50	3.1	460	SRL-460	SSL-460	SCL-460
16.00	3.2	510	SRL-510	SSL-510	SCL-510
16.50	3.3	560	SRL-560	SSL-560	SCL-560
17.00	3.4	610	SRL-610	SSL-610	SCL-610

<b>Natrelle INSPIRA® Style SRLP, SSLP, SCLP</b> Smooth, Low-Plus Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRLP)	SMOOTH SOFTTOUCH (SSLP)	SMOOTH COHESIVE (SCLP)
9.50	2.5	125	SRLP-125	SSLP-125	SCLP-125
—	—	—	—	—	—
10.00	2.6	145	SRLP-145	SSLP-145	SCLP-145
—	—	—	—	—	—
10.50	2.7	165	SRLP-165	SSLP-165	SCLP-165
—	—	—	—	—	—
11.00	2.8	190	SRLP-190	SSLP-190	SCLP-190
11.25	2.9	205	SRLP-205	SSLP-205	SCLP-205
—	—	—	—	—	—
11.50	3.0	220	SRLP-220	SSLP-220	SCLP-220
11.75	3.1	235	SRLP-235	SSLP-235	SCLP-235
12.00	3.1	250	SRLP-250	SSLP-250	SCLP-250
12.25	3.2	265	SRLP-265	SSLP-265	SCLP-265
12.50	3.3	280	SRLP-280	SSLP-280	SCLP-280
12.75	3.3	300	SRLP-300	SSLP-300	SCLP-300
13.00	3.4	320	SRLP-320	SSLP-320	SCLP-320
13.25	3.5	340	SRLP-340	SSLP-340	SCLP-340
13.50	3.5	360	SRLP-360	SSLP-360	SCLP-360
—	—	—	—	—	—
14.00	3.6	400	SRLP-400	SSLP-400	SCLP-400
—	—	—	—	—	—
14.50	3.8	440	SRLP-440	SSLP-440	SCLP-440
—	—	—	—	—	—
15.00	3.9	490	SRLP-490	SSLP-490	SCLP-490
15.50	4.0	540	SRLP-540	SSLP-540	SCLP-540
16.00	4.2	590	SRLP-590	SSLP-590	SCLP-590
16.50	4.3	640	SRLP-640	SSLP-640	SCLP-640
—	—	—	—	—	—

<b>Natrelle INSPIRA® Style SRM, SSM, SCM</b> Smooth, Moderate Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRM)	SMOOTH SOFTTOUCH (SSM)	SMOOTH COHESIVE (SCM)
9.50	3.0	140	SRM-140	SSM-140	SCM-140
—	—	—	—	—	—
10.00	3.3	175	SRM-175	SSM-175	SCM-175
10.25	3.4	195	SRM-195	SSM-195	SCM-195
10.50	3.5	210	SRM-210	SSM-210	SCM-210
—	—	—	—	—	—
11.00	3.7	240	SRM-240	SSM-240	SCM-240
11.25	3.8	255	SRM-255	SSM-255	SCM-255
—	—	—	—	—	—
11.50	3.9	275	SRM-275	SSM-275	SCM-275
11.75	3.9	295	SRM-295	SSM-295	SCM-295
12.00	4.0	310	SRM-310	SSM-310	SCM-310
12.25	4.1	330	SRM-330	SSM-330	SCM-330
12.50	4.2	345	SRM-345	SSM-345	SCM-345
12.75	4.2	360	SRM-360	SSM-360	SCM-360
13.00	4.3	375	SRM-375	SSM-375	SCM-375
13.25	4.4	405	SRM-405	SSM-405	SCM-405
13.50	4.5	445	SRM-445	SSM-445	SCM-445
—	—	—	—	—	—
14.00	4.6	485	SRM-485	SSM-485	SCM-485
—	—	—	—	—	—
14.50	4.8	520	SRM-520	SSM-520	SCM-520
14.75	4.9	560	SRM-560	SSM-560	SCM-560
15.00	4.9	600	SRM-600	SSM-600	SCM-600
15.50	5.0	640	SRM-640	SSM-640	SCM-640
16.00	5.2	685	SRM-685	SSM-685	SCM-685
16.50	5.0	755	SRM-755	SSM-755	SCM-755
—	—	—	—	—	—

<b>Natrelle INSPIRA® Style SRF, SSF, SCF</b> Smooth, Full Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRF)	SMOOTH SOFTTOUCH (SSF)	SMOOTH COHESIVE (SCF)
9.50	4.0	180	SRF-180	SSF-180	SCF-180
9.75	4.1	200	SRF-200	SSF-200	SCF-200
10.00	4.2	220	SRF-220	SSF-220	SCF-220
—	—	—	—	—	—
10.50	4.3	240	SRF-240	SSF-240	SCF-240
—	—	—	—	—	—
11.00	4.4	265	SRF-265	SSF-265	SCF-265
11.25	4.5	295	SRF-295	SSF-295	SCF-295
11.40	4.6	325	SRF-325	SSF-325	SCF-325
11.50	4.7	335	SRF-335	SSF-335	SCF-335
11.75	4.8	345	SRF-345	SSF-345	SCF-345
12.00	4.9	365	SRF-365	SSF-365	SCF-365
12.25	5.0	385	SRF-385	SSF-385	SCF-385
12.50	5.1	415	SRF-415	SSF-415	SCF-415
12.75	5.3	450	SRF-450	SSF-450	SCF-450
13.00	5.4	485	SRF-485	SSF-485	SCF-485
13.25	5.5	520	SRF-520	SSF-520	SCF-520
13.50	5.7	560	SRF-560	SSF-560	SCF-560
—	—	—	—	—	—
14.00	5.8	605	SRF-605	SSF-605	SCF-605
—	—	—	—	—	—
14.50	5.9	650	SRF-650	SSF-650	SCF-650
14.75	6.0	695	SRF-695	SSF-695	SCF-695
15.00	6.1	745	SRF-745	SSF-745	SCF-745
15.50	6.0	770	SRF-770	SSF-770	SCF-770
—	—	—	—	—	—
—	—	—	—	—	—
—	—	—	—	—	—

<b>Natrelle INSPIRA® Style SRX, SSX, SCX</b> Smooth, Extra-Full Profile					
WIDTH (CM)	PROJECTION (CM)	VOLUME (CC)	SMOOTH RESPONSIVE (SRX)	SMOOTH SOFTTOUCH (SSX)	SMOOTH COHESIVE (SCX)
9.50	4.2	200	SRX-200	SSX-200	SCX-200
—	—	—	—	—	—
10.00	4.5	225	SRX-225	SSX-225	SCX-225
10.25	4.8	255	SRX-255	SSX-255	SCX-255
10.50	5.0	285	SRX-285	SSX-285	SCX-285
10.75	5.2	310	SRX-310	SSX-310	SCX-310
11.00	5.4	340	SRX-340	SSX-340	SCX-340
11.25	5.6	375	SRX-375	SSX-375	SCX-375
—	—	—	—	—	—
11.50	5.8	400	SRX-400	SSX-400	SCX-400
11.75	5.9	420	SRX-420	SSX-420	SCX-420
12.00	6.0	445	SRX-445	SSX-445	SCX-445
12.25	6.1	470	SRX-470	SSX-470	SCX-470
12.50	6.1	495	SRX-495	SSX-495	SCX-495
12.75	6.2	525	SRX-525	SSX-525	SCX-525
13.00	6.2	545	SRX-545	SSX-545	SCX-545
13.25	6.3	560	SRX-560	SSX-560	SCX-560
13.50	6.4	580	SRX-580	SSX-580	SCX-580
13.75	6.4	615	SRX-615	SSX-615	SCX-615
14.00	6.5	650	SRX-650	SSX-650	SCX-650
14.25	6.6	700	SRX-700	SSX-700	SCX-700
14.50	6.7	750	SRX-750	SSX-750	SCX-750
—	—	—	—	—	—
15.50	6.7	800	SRX-800	SSX-800	SCX-800
—	—	—	—	—	—
—	—	—	—	—	—
—	—	—	—	—	—

**Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION**

**WARNINGS**

- **Breast implants are not considered lifetime devices. The longer patients have them, the greater the chance they will develop complications, some of which will require more surgery**
- **Breast implants have been associated with the development of a cancer of the immune system called breast implant–associated anaplastic large cell lymphoma (BIA-ALCL). This cancer occurs more commonly in patients with textured breast implants than smooth implants, although rates are not well defined. Some patients have died from BIA-ALCL**

**Patients receiving breast implants have reported a variety of systemic symptoms, such as joint pain, muscle aches, confusion, chronic fatigue, autoimmune diseases, and others. Individual patient risk for developing these symptoms has not been well established. Some patients report complete resolution of symptoms when the implants are removed without replacement**

**INDICATIONS**

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

- **Breast augmentation for women at least 22 years old for silicone-filled implants and breast augmentation for women at least 18 years old for saline-filled implants.** This includes primary breast augmentation to increase the breast size, as well as revision surgery to correct or improve the result of a primary breast augmentation surgery
- **Breast reconstruction.** This includes primary reconstruction to replace breast tissue that has been removed due to cancer or trauma or that has failed to develop properly due to a severe breast abnormality. Breast reconstruction also includes revision surgery to correct or improve the result of a primary breast reconstruction surgery

**CONTRAINDICATIONS**

Breast implant surgery should not be performed in:

- 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

**ADDITIONAL WARNINGS**

**See Boxed Warning**

- **Avoid damage during surgery:** Care should be taken to avoid the use of excessive force and to minimize handling of the implant. Forcing of implants through too small an opening or applying concentrated localized pressure on the implants may result in localized weakening of the breast implant shell, potentially leading to shell damage and possible implant rupture. An incision should be of appropriate length to accommodate the style, size, and profile of the implants. Use care when using surgical instruments in proximity with the breast implant
- Follow recommended fill volumes for saline implants to decrease possibility of shell wrinkling and crease-fold failure

**PRECAUTIONS**

Safety and effectiveness have not been established in patients with the following:

- Autoimmune diseases (eg, lupus and scleroderma)
- A compromised immune system (eg, currently receiving immunosuppressive therapy)
- Planned chemotherapy or radiation 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 prior to surgery. 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

**ADVERSE EVENTS**

Possible adverse events with breast implant surgery include implant rupture with silicone implants, implant deflation with saline-filled implants, capsular contracture, reoperation, implant removal, pain, changes in nipple and breast sensation, infection, scarring, asymmetry, wrinkling, implant displacement/migration, implant palpability/visibility, breastfeeding complications, hematoma/seroma, implant extrusion, necrosis, delayed wound healing, infection, breast tissue atrophy/chest wall deformity, calcium deposits, and lymphadenopathy. Other systemic conditions have been reported with breast implants.

**For more information, please see the full Directions for Use at [www.allergan.com/products](http://www.allergan.com/products).**

**To report a problem with Natrelle® Breast Implants, please call Allergan® at 1-800-624-4261.**

The sale and distribution of this device is restricted to users and/or user facilities that provide information to patients about the risks and benefits of this device in the form and manner specified in the approved labeling provided by Allergan®.

References: 1. Data on file, Allergan Aesthetics, Hospital Order Form Update, January 2022. 2. Nava MB, Rocco N, Tunesi G, Catanuto G, Rancati A, Dorr J. Decisional pathways in breast augmentation: how to improve outcomes through accurate pre-operative planning. *Gland Surg.* 2017;6(2):203-209. 3. Movassaghi K, Cusic J. Shaping the Breast: Optimizing outcomes in breast augmentation. In: Movassaghi K, ed. *Shaping the Breast. A comprehensive approach in augmentation, revision and reconstruction.* Springer; 2021:1-34. 4. Data on file, Allergan Aesthetics, February 3, 2017; Study Report MD16075-DV1. 5. Nassar AT. Impact of Skin Laxity on Selection of Breast Implant during Augmentation Mammoplasty. *Clin Surg.* 2018; 3:2003. 6. Edwards MC, Gabriel A, Hammer J, Jewell HL, Jewell ML. Gel cohesivity and breast augmentation: applications to clinical practice. *Asthet Surg J.* 2022;1-11.

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