Your guide to breast reconstruction options


For more information, visit BreastReconstructionMatters.com
Important patient information

This brochure is not intended to replace a discussion with your surgeon. It does not describe all the potential risks and benefits associated with ALLODERM™ Tissue Matrix. Potential risks of breast reconstruction include infection and other complications and should be discussed with your surgeon. Potential risks of an implant or graft include wound or systemic infection, seroma, dehiscence, hypersensitive, allergic or other immune response, sloughing or failure of graft, and disease transmission. Please consult with your surgeon to ensure ALLODERM™ Tissue Matrix is right for you.
“Thanks to my breast reconstruction, I am happy, confident and whole again.”

When facing breast reconstruction surgery, it’s natural to have a number of questions.

What are the next steps?
What kind of reconstruction is right for me?
What are my options?

This is especially true as new advancements in breast reconstruction emerge that aim to result in reconstructed breasts that meet patients’ expectations.

ALLODERM™ Regenerative Tissue Matrix is one option for breast reconstruction, single-stage or two-stage, that can help surgeons to support weak tissue. This can help minimize surgical complications.

This brochure will serve as an informational guide to your options for breast reconstruction, as well as explain the potential benefits of ALLODERM™ Tissue Matrix in breast reconstruction procedures.

“I had the reconstruction surgery, very successfully, and I could not believe what a difference it made in the quality of my life. It restored my self-confidence. It restored my sense of self-esteem. I was re-energized.”

Donna, 45, Reconstructed in 2007 using ALLODERM™ Regenerative Tissue Matrix.
Breast reconstruction options

You have several options when it comes to breast reconstruction surgery. In fact, for many women, it’s possible to be reconstructed at the time of mastectomy surgery. Or, you can opt to have breast reconstruction weeks, months or even years later.

“A few weeks after my surgery, we had a wedding to go to, and I bought a halter top... It was a wonderful feeling!”

Andi, 52, Reconstructed in 2006 using ALLODERM™ Regenerative Tissue Matrix.

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There are two common types of breast reconstruction. Depending on your surgeon’s recommendation, you may be able to choose between an autologous reconstruction or breast implant reconstruction.

**Autologous reconstruction**  
*(using your own skin)*

In an autologous breast reconstruction, your breast would be shaped from your own existing muscle, fat and skin taken from another area of your body — such as your abdomen (TRAM, DIEP or SIEA Flap), back (Latissimus Dorsi Flap), buttocks (Gluteal Free Flap) or thigh.

Some potential advantages and disadvantages of autologous breast reconstruction:

<table>
<thead>
<tr>
<th>Potential Advantages</th>
<th>Potential Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>More natural look and feel</td>
<td>Recovery may be longer and more difficult</td>
</tr>
<tr>
<td>No risk of implant related complications</td>
<td>Risk of blood supply issues</td>
</tr>
<tr>
<td>Breasts will behave as your natural body, possibly fluctuating in size depending on weight gain or loss</td>
<td>Risk of muscle weakness where the new breast tissue came from</td>
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<tr>
<td>No foreign body implant</td>
<td>Scarring at both surgery sites</td>
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<td></td>
<td>May require additional revisionary surgeries</td>
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<tr>
<td></td>
<td>Possible differences in size and shape of both breasts</td>
</tr>
<tr>
<td></td>
<td>Breasts may sag, as natural breasts would, as you age</td>
</tr>
<tr>
<td></td>
<td>Differences in skin tones between breast skin and donor site skin</td>
</tr>
</tbody>
</table>
Breast implant reconstruction

In breast implant reconstruction, an implant is used to help recreate shape, volume and symmetry in your breast(s).

- Surgeons may recommend this option when there’s not enough tissue or fat for an autologous reconstruction or when you decide against autologous reconstruction.

- In most cases, this is a two-step process:
  - An expander is inserted under the skin and volume is increased over time.
  - The expander is replaced with an implant when desired expansion size has been achieved.

- In other cases, this can be a one-step process:
  - The implant is inserted immediately after your mastectomy.

Some potential advantages and disadvantages of breast implant reconstruction:

<table>
<thead>
<tr>
<th>Potential Advantages</th>
<th>Potential Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>No donor site complications (such as muscle weakness,</td>
<td>Additional surgeries (such as implant removal and revisions)</td>
</tr>
<tr>
<td>pain, scarring, bleeding or infection)</td>
<td>Higher complication rate — increased risk of capsular contracture and infection</td>
</tr>
<tr>
<td>Shorter surgery</td>
<td>Postoperative breast pain</td>
</tr>
<tr>
<td>Quicker recovery and hospital stay</td>
<td>Changes in nipple and breast sensation</td>
</tr>
<tr>
<td>Does not involve movement of abdominal or back muscle</td>
<td>Possibility of implant rupture</td>
</tr>
<tr>
<td></td>
<td>Possible differences in size and shape of breasts including implant migration</td>
</tr>
<tr>
<td></td>
<td>Foreign implant in your body</td>
</tr>
<tr>
<td></td>
<td>Breast implants are not permanent</td>
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</table>
Breast reconstruction using an implant can be completed in one of two ways – direct to implant (one-stage) or tissue expander to implant (two-stage) reconstruction. Your surgeon will determine which type of breast implant reconstruction is right for you. In either case, ALLODERM™ Tissue Matrix can be used where weakness exists.

Two-Stage Reconstruction

- This surgery is performed to expand the muscle and/or skin so that there is enough breast pocket volume available to create a shapely and proportioned breast
- An expander will be placed in the breast pocket prior to the implant
- A tissue matrix provides reinforcement of thin tissue along the lower pole of the breast
- Using a tissue matrix provides for a more elastic breast pocket
- Most breast implant reconstructions are done in two stages

Single-Stage Reconstruction

- This surgery places an implant in your breast pocket without prior expansion – which means a second surgery may not be needed
- A tissue matrix provides reinforcement of thin tissue along the lower pole of the breast
- Using a tissue matrix provides for a more elastic breast pocket
- No expansion process may mean less discomfort, fewer surgeries and less inconvenience

NOTE: Single-stage reconstruction is only done in 15% of reconstructions and there are very specific parameters to be a good candidate

Breast reconstruction may result in weakened or thin tissue, which may require reinforcement.

How ALLODERM™ Tissue Matrix works

• ALLODERM™ Tissue Matrix provides a “scaffold,” or framework, which allows new cells to grow through it and new blood vessels to be formed, allowing your own infection-fighting white blood cells to travel to your breast.

• Breast reconstruction may result in weakened or thin tissue, which may require reinforcement.

• ALLODERM™ Tissue Matrix is processed to be positively recognized by your body in order to minimize the risk of rejection.

• By becoming a part of you, ALLODERM™ Tissue Matrix behaves in the same way as your own tissue.

For breast reconstruction procedures, ALLODERM™ Tissue Matrix is a product with extensive data in the form of case studies and peer-reviewed publications supporting its performance and results.
"My breasts are part of what makes me a woman. I had a great plastic surgeon, and right from the beginning ALLODERM is what he recommended for me."

Jenn, 33, Reconstructed in 2004 using ALLODERM™ Regenerative Tissue Matrix.
Helping to minimize complications

In order to help minimize unwanted setbacks, ALLODERM™ Tissue Matrix may help to reinforce the breast tissue that was weakened by the mastectomy.

Sub-Pectoral Breast Reconstruction technique

In sub-pectoral breast reconstruction expanders or implants are placed under the muscle after the breast tissue has been removed.

This procedure can be performed as a two-stage reconstruction or a one-stage reconstruction.

A tissue matrix is used to reinforce thin tissue where breast tissue has been removed along the lower part of the breast.

<table>
<thead>
<tr>
<th>Potential Complications in sub-pectoral breast reconstruction without ALLODERM™ Tissue Matrix</th>
<th>Potential Advantages of ALLODERM™ Tissue Matrix Solution in sub-pectoral plane</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upward pulling of the muscle</td>
<td>Connects the muscle to the chest wall, which may reduce pulling of the muscle</td>
</tr>
<tr>
<td>Additional muscle manipulation during surgery</td>
<td>Eliminates the need for further muscle manipulation</td>
</tr>
<tr>
<td>Difficult single-stage reconstruction</td>
<td>Helps enable a single-stage procedure</td>
</tr>
<tr>
<td>Lack of inframammary and lateral mammary folds</td>
<td>Allows the surgeon to anchor the matrix where desired, which helps to support and define the inframammary and lateral mammary folds</td>
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</tbody>
</table>
Pre-Pectoral Breast Reconstruction technique

In pre-pectoral breast reconstruction expanders or implants are placed under the mastectomy skin on top of a woman’s pectoralis muscle after the breast tissue has been removed.

This procedure can be performed as a two-stage reconstruction or a one-stage reconstruction.

A tissue matrix is almost always used to reinforce thin tissue along the entire the breast.

<table>
<thead>
<tr>
<th>Potential Challenges in sub-pectoral breast reconstruction</th>
<th>Potential Benefits of the pre-pectoral breast reconstruction technique as reported by leading plastic surgeons*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle movement and skin wrinkling</td>
<td>Less pain due to elimination of muscle manipulation</td>
</tr>
<tr>
<td>Increased pain</td>
<td>Elimination of visible muscle movement and skin wrinkling</td>
</tr>
<tr>
<td></td>
<td>May shorten recovery time</td>
</tr>
<tr>
<td></td>
<td>Natural shape and form</td>
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</tbody>
</table>

*Data on file

Pre-pectoral breast reconstruction has limitations and may not be appropriate for all patients. Please consult your surgeon for more information.
The choice is yours.

You have a say when it comes to what your surgeon is planning to use during your breast reconstruction procedure. If you feel that ALLODERM™ Tissue Matrix is right for you, talk about it with your surgeon.

“There was no doubt in my mind that I had to have reconstruction... After seeing people who had reconstruction with ALLODERM, I was totally at ease with my decision.”


For more information, visit BreastReconstructionMatters.com
Questions for your doctor

In addition to questions you may have, the following is a list of some questions you may want to ask your doctor if you are considering breast reconstruction. Please feel free to take them with you to your next appointment.

• How will breast reconstruction impact my cancer treatment?
• What are all my options for breast reconstruction?
• Which reconstruction option is best for me and why?
• How many surgeries and office visits will a breast reconstruction require?
• How long will my entire reconstruction take?
• What is the best result I can expect?
• Do you have before-and-after photos for different procedures that I can look at?
• What should I expect when I wake up after surgery?
• What will my recovery be like?
• How long will my recovery take?
• What are the potential risks, side effects and complications of each type of reconstruction?
• How many and what kind of procedures do you do a year?
• When will I be able to return to my normal routine? (go back to work, return to my normal physical activities, exercise, etc.)
• What will my scars look like?
Insurance Information

Breast reconstruction is the right of every woman who has undergone a mastectomy. What’s more, the Women’s Health and Cancer Rights Act of 1998 [WHCRA] requires breast reconstruction after mastectomy as an option for patients. Not everyone is aware of this, which is why LifeCell is committed to getting the word out there to every woman who may need this information.

For a step-by-step guide to determining your insurance coverage, visit BreastReconstructionMatters.com and click on “RESOURCES.”

A proven record of regeneration

To date, ALLODERM™ Tissue Matrix has been used in more than 1.4 million grafts and implants. It’s used in a number of procedures where there is lost or damaged tissue – including breast reconstruction, head and neck surgery and hernia repair.

Our commitment to safety

Safety is our first priority. ALLODERM™ Tissue Matrix comes from donated human tissue that is received from American Association of Tissue Bank-compliant sources. All donors are carefully screened to ensure eligibility. Plus, our doctors review donors’ medical records and social histories before tissue is eligible for use. ALLODERM™ Tissue Matrix has been used for more than 20 years with zero documented disease transmissions.