



**THUASNE**

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**SILIMA<sup>®</sup>**

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**Professional  
Magazine 2022/2023**



# Breast forms



## Natural wellbeing

When you recommend SILIMA® breast forms to your customers, you are recommending carefully tested quality made in Germany. Thusne has been manufacturing its products carefully by hand and using the very latest technology in Burgwedel in Lower Saxony for more than 45 years. A continuous improvement process ensures that SILIMA® breast forms keep pace with the care needs of women who have undergone breast surgery. For example, regular developments of new and innovative products in different shapes and designs respond to advances in surgery techniques.

The SILIMA® brand stands for a feeling of natural wellbeing. Women who have undergone breast surgery particularly appreciate the pleasant silkiness of the breast forms, which feel gentle on their skin.

Worn with a SILIMA® bra, these breast forms always create an aesthetic and harmonious entity. The feminine body image is recreated: personalised and right down to the last detail. This confidence helps your customers regain their zest for life and thus plays a key role in both the physical and mental healing process.

Different sizes and versions are available to ensure the best possible solution for each personal situation.

## THE SILIMA® PROCESS

SILIMA® has developed a special processing technique for adjusting the elasticity of the silicone to assure the natural quality of SILIMA® breast forms made of soft, yet at the same time textured and extremely tear-proof, silicone. High-elasticity, gossamer-thin polyurethane (PU) film encases the soft silicone body of the SILIMA® breast forms like a skin and prevents the molecules from escaping to the surface. The film is extremely tear-proof, which further enhances the durability of the breast form. Furthermore, the PU film and silicone join to form a single unit, which ensures very natural movement.

### Skin friendly and gentle

The polyurethane film is elastic, resistant to chlorine and salt water, and heat conducting, which allows the breast form to adopt body temperature when worn.

The film is not just skin friendly: it also feels natural. And thanks to a special matt finish, it even resembles the appearance of skin very closely

A natural beige tone, together with two different shades of brown are available to match the respective skin colour, thus making sure the breast form looks quite natural, even under flimsy clothing.



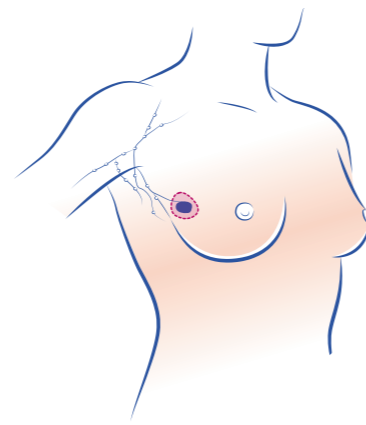
### SILIMA® – quality that lives up to its promise

The introduction of a quality management system and certification of the same in accordance with ISO 13485 and ISO 9001 ensure the consistently high quality of SILIMA® breast forms, from development, through production, right up to despatch. After all, we want nothing more than to satisfy you and your customers.



# Care following

## Conservative surgery



### Perfect compensation and flawless contour

SILIMA® partial breast forms restore the natural symmetric contour of the bust following conservative breast surgery or extensive oncoplastic surgery with resulting aesthetic deficits.

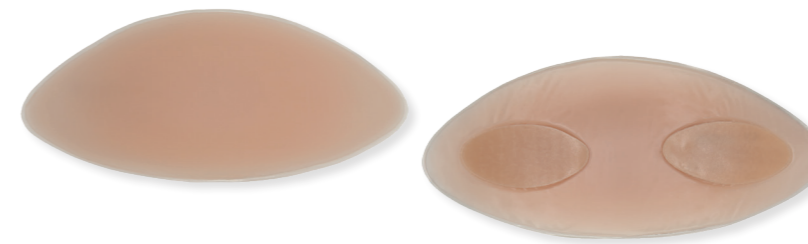
Nowadays, some 80 percent of all patients do not need to undergo mastectomy. Conservative breast surgery is the standard approach to treating malignant breast cancer these days. Conservative therapy, or even elaborate breast reconstruction procedures, however, sometimes only result in partial recovery, or are unaesthetic. These changes are only rarely detectable immediately after surgery. They usually only occur once post-operative radiotherapy has been given. Given the preceding radiation therapy, surgical correction only rarely produces the desired result. Moreover, it entails the use of stressful reconstruction techniques.

### The gentle alternative

If the result of conservative or oncoplastic surgery is aesthetically unsatisfactory, SILIMA® partial breast forms can reproduce a natural, symmetric bust contour. Equally, if surgery entails several operations, they can serve as an interim solution.

SILIMA® partial forms come in various sizes, shapes and thicknesses, allowing you to offer your customers a perfect fit that is superbly comfortable and guarantees maximum freedom of movement, in any situation.

## SILIMA® XTRA



### New: More volume for an optimal balance and even more naturalness –SILIMA® –Perfectly me!

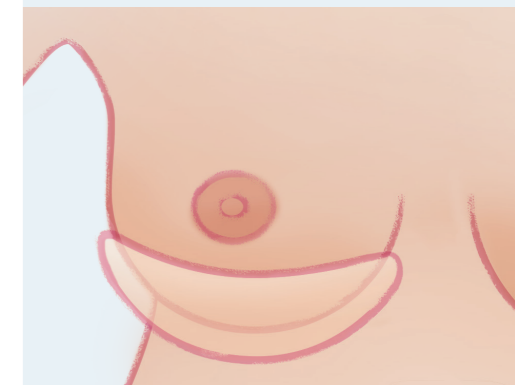
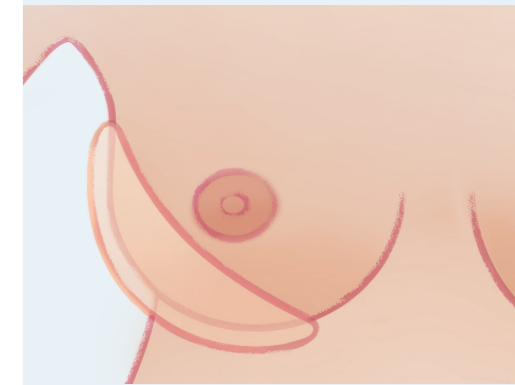
- Perfect hold on the skin and in a bra
- Whether placed beneath the breast or at the side, these soft partial forms create a perfect appearance following conservative breast surgery or when the two breast sizes differ
- A lack of tissue or volume in the upper part of the breast is compensated by the push-up effect from below or from the side. The smaller sizes are ideal for replenishing volume around the tip, e.g. following breast reconstruction
- The special, medically tested adhesive pads ensure that SILIMA® xtra stays firmly in place in a bra and is not visible. The adhesive pads can be worn over longer periods, and new pads purchased, if necessary. As such, SILIMA® xtra is very durable as an adhesive breast compensation solution
- The gradually tapering edges and soft material nestle gently and naturally against the breast without any visible transitions
- The matt outer film enhances the natural appearance
- SILIMA® xtra can be worn left or right in any well-fitting bra
- SILIMA® xtra comes complete with adhesive pads and cleaning accessories. The individual components can be reordered separately

Art.-No. T661072

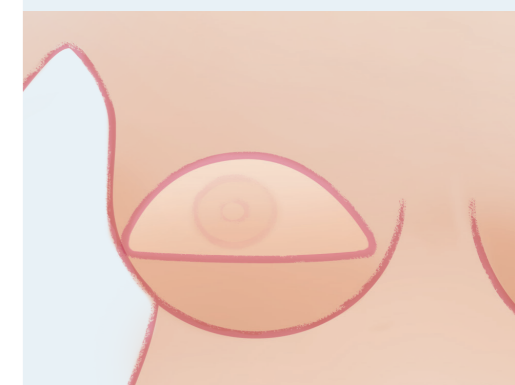
Sizes	Measurement length in cm	Measurement height in cm
1	10,0	4,8
2	12,5	6,4
3	15,6	7,6
4	18,5	9,0

All measurements are approximate and may vary slightly.

### Illustrations SILIMA® xtra



Positioning SILIMA® xtra underneath or at the outer edge supports or lifts the breast, thus restoring its customary appearance.



Size 1 or 2 can compensate volume deficits at the tip of the breast; can be combined with a self-adhesive nipple.

## PREMIUM

### Volume compensation for uneven areas

For very low volume compensation/ for nipple coverage



SILIMA® xtra®

For medium volume compensation with or without safety strip



SILIMA® Shell

Compensation for up to 2 cup sizes



SILIMA® conform

Particularly for arm oedemas or lymph-oedemas/also for extensive volume compensation

Pleasant air circulation



SILIMA® ultra Light



Adhesive pads with cleaning board  
Art.-No. T64 107

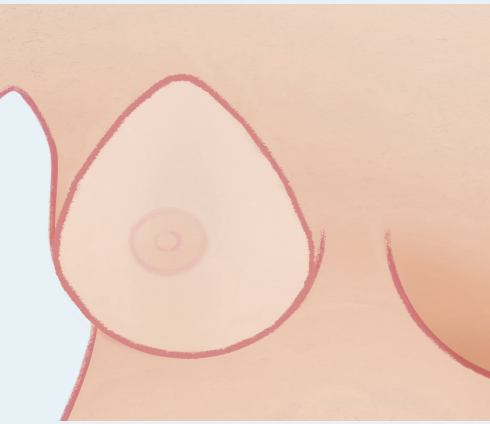


Special brush  
Art.-No. T13 301



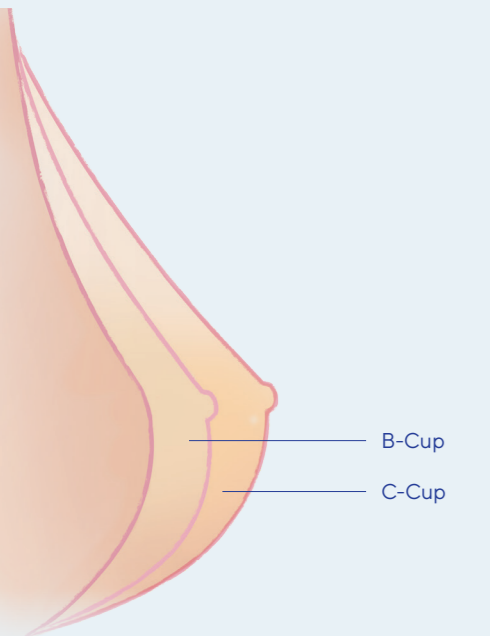
Cleaning lotion  
Art.-No. T83 3772

## Illustrations SILIMA® shell



SILIMA shell form for use on either sides. Wearable with or without adhesive solution.

## Illustrations SILIMA® shell



B-Cup  
C-Cup

Available standard or full cup to optimise the required volume. The full cup offers more volume around the outside and is about 1 cm fuller.

## SILIMA® SHELL



- For a smooth and even outline
- Worn directly on the skin
- Flat, natural transition where the bra straps join, the outer edges nestle softly and gently against the skin
- Anatomical, symmetric shape, mirrors the curvature of the chest wall
- Restores the natural appearance

- SILIMA® shell can be worn with just one adhesive strip
- The adhesive strip can be ordered separately
- The ultra-thin adhesive strip unobtrusively sticks to the back of the form
- The one-piece adhesive strip makes the form even easier to handle and clean and even more secure to wear

### Adhesive strips

**Art.-No.** T643872

- Size 1: Form sizes 1 and 2
- Size 2: Form sizes 3 and 4
- Size 3: Form sizes 5 and 6
- Size 4: Form sizes 7 and 8
- Size 5: Form sizes 9 and 10
- Size 6: Form size 11



Adhesive pad

**Art.-No.** T66 3802

**Cup/sizes**  
Standard/B 1 – 11  
Full/C 3 – 12

**Description**  
anatomical, symmetric

## SILIMA® CONFORM



- A particularly aesthetic soft and smooth fitting form
- Ideal for sensitive scar tissue and suitable for initial care
- The standard cup has a deep hollow on the underside, making it particularly good for moderate loss of tissue
- The full cup has a shallower hollow, offering more volume to compensate greater loss of tissue
- Velvety matt outer skin
- Particularly soft inner layer made of transparent silicone
- Thin, softly tapering edge for smooth transition
- Best worn directly on the skin

**Art.-No.** T66 3901

**Cup/sizes**  
Standard/B:  
2/3, 4/5, 6/7, 8/9, 10/11  
Full/C:  
4/5, 6/7, 8/9, 10/11

**Description**  
anatomical, symmetric  
2-layered

## Illustrations SILIMA® conform



SILIMA® conform Standard-Cup

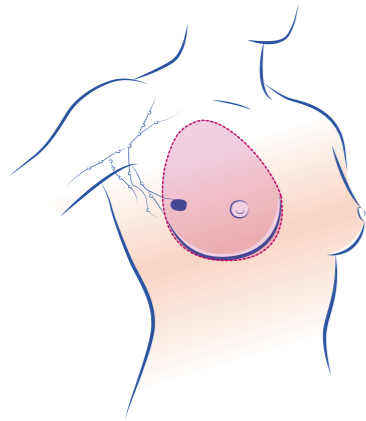


SILIMA® conform Full-Cup

\* While stocks last.



# Post-mastectomy care



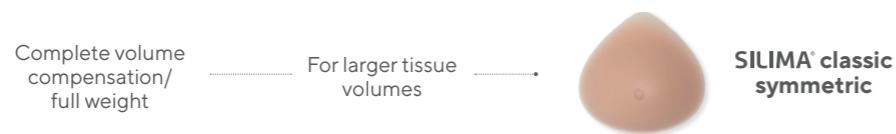
## Individuality for a natural appearance

The development of SILIMA® breast forms reflects current surgery methods and compensation requirements resulting in a wide variety of forms and versions to ensure the best possible solution for your customers.

### For minimum/no underarm tissue deficit: SILIMA® breast forms without lateral extension (symmetric)

A less severe mastectomy removes the mammary tissue and some lymph nodes around the bust, while leaving the pectoral muscle and other lymph nodes. This procedure results in no, or only minimal, loss of underarm tissue. In this case, a SILIMA® breast form without a prominent lateral extension is the best solution.

## BASIC



## PREMIUM

### Complete volume compensation/reduced weight



## SILIMA® SOFT & LIGHT

Lighter - 30%



- So soft – so natural
- Softly rounded, natural form
- As soft as a natural breast
- Wide choice of cups for best possible compensation of moderate and fuller busts

**Art.-No.** T66 3782  
**UK Name** SILIMA® elegance clear  
**Cup/sizes**  
Standard/B 1 – 11  
Full/C 3 – 14  
**Description**  
anatomical, symmetric  
3-layered

### Illustration SILIMA® soft & light

- Silky soft outer film
- Lightweight silicone
- Transparent, soft inner layer
- Particularly soft silicone gel

## SILIMA® SOFT & LIGHT SUPER SOFT

Lighter - 15%



- Natural and particularly smooth-fitting
- Super soft cup nestles closely in the bra cup and thus resembles even more to particularly soft breast tissue
- Adapts to fit the thoracic wall with ease, ideally suited for sensitive scar tissue
- For an optimum weight compensation 15 % lighter than the remaining breast due to the soft silicone core
- Adapts naturally to all body movements, whether standing, sitting or lying down
- Lightweight silicone core encased in particularly soft silicone

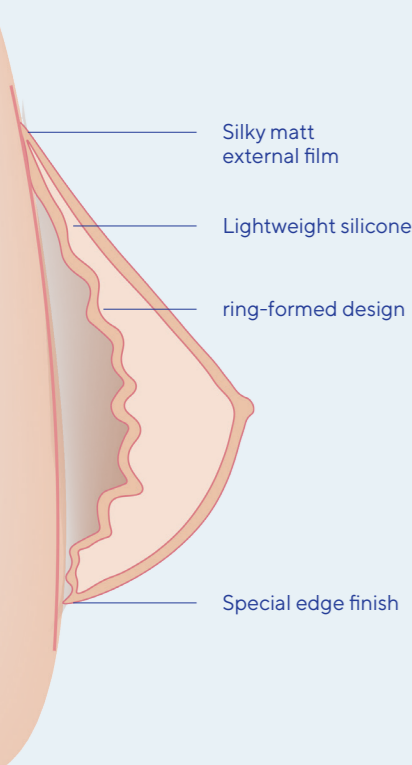
**Art.-No.** T66 3791  
**UK Name** SILIMA® optima  
**Cup/sizes**  
Standard A/B 1 – 11  
**Description**  
anatomical, symmetric  
3-layered

### Illustration SILIMA® soft & light super soft

- Silky soft outer film
- Transparent, soft inner layer
- Lightweight silicone
- Particularly soft silicone gel

## SILIMA® ULTRA LIGHT

### Illustration SILIMA® ultra light



Lighter  
- 60%



- Perfect compensation that feels weightless
- 2-layer breast form
- Weighs up to 60 % less than conventional gel forms thanks to the use of special lightweight silicone
- Unique ring-formed design guarantees stability as well as natural movement
- Deeply hollowed underside to protect the sensitive scar area
- Underside edge finish ensures good air circulation. Water drains off easily when swimming

- Anatomical, symmetric shape
- Particularly suitable for patients with lymphoedema
- A good solution even if considerable amounts of tissue are removed during conservative surgery

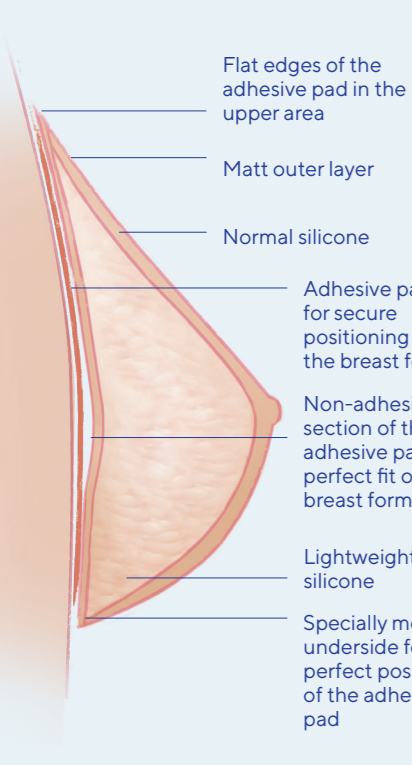
**Art.-No.** T66 3741

**Cup/sizes**  
Standard/B 1 - 11  
Full/C 3 - 14

**Description**  
anatomical, symmetric  
2-layered

## SILIMA® DIRECT

### Illustration SILIMA® direct



Lighter  
- 30%



Rear view with adhesive pad

**Softer and smoother to the touch -silicone blend like bestseller soft & light for optimal balance. SILIMA® - Perfectly me!**

- Versatile breast form with excellent adhesion for close and secure fitting
- SILIMA® direct comes with a thin, soft and supple, yet shape-retaining adhesive pad
- Perfectly comfortable with adhesive pad. SILIMA® direct can also be worn as a non-adhesive breast form
- Specially moulded underside for perfect positioning of the adhesive pad
- The adhesive pad is not visible
- When worn daily, the adhesive pad only needs to be cleaned once or twice a week
- Anatomically and symmetrically

- designed for natural movement
- Matt outer skin that resembles natural breast skin
- Adapts to the body reliably and without changing shape

**Art.-No.** T66 3772

**Cup/sizes**  
Standard/B 1 - 11  
Full/C 3 - 12

**Description**  
anatomical, symmetric  
3-layered

SILIMA® direct comes complete with adhesive pad and cleaning accessories. The individual components can be reordered separately.

## SILIMA® ELITE

Lighter  
- 30%



- Natural compensation for women with a large bust
- Reduced weight for enhanced comfort
- Extra-full cup volume within a small cup area
- Silky-soft surface
- Anatomical shape
- Adapts to the widest range of very individual needs
- Can be worn left and right

**Art.-No.** T66 3981

**Cup/sizes**  
Extra Full/D/E 8/9, 10/11, 12/13, 14/15

**Size chart international (imperial)**  
D-Cup 90/95 (40/42): 8 - 10  
D-Cup 100 - 120 (44 - 52): 12 - 14  
E-Cup 80 - 95 (36 - 42): 8 - 10  
E-Cup 100 - 120 (44 - 52): 12 - 14  
F- and G-Cup 75 - 95 (34 - 42): 8 - 10  
F- and G-Cup 100 - 120 (44 - 52): 12 - 14

**Description**  
anatomical, symmetric  
3-layered

## SILIMA® CLASSIC SYMMETRIC



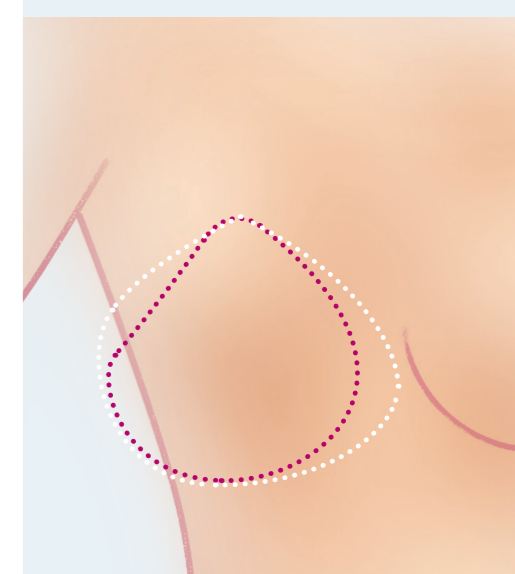
- Tried and trusted solution for restoring a natural appearance
- Anatomical shape, mirrors the natural curvature of the chest wall
- Nestles closely in the bra cup without creasing
- For patients without underarm tissue loss, and for slim women

**Art.-No.** T66 3701  
UK Name: SILIMA® triform classic

**Cup/sizes**  
Standard/B 1 - 11, Full/C 3 - 14

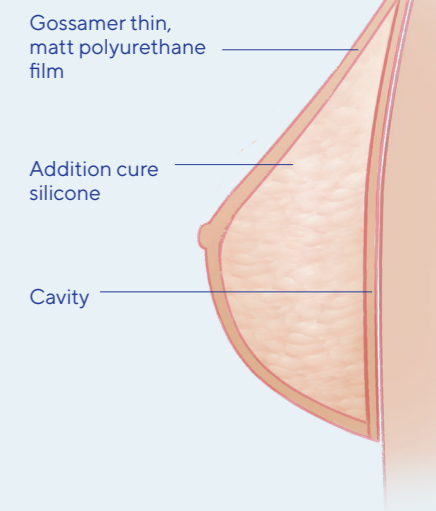
**Description**  
anatomical, symmetric  
1-layered

### Illustration SILIMA® elite



SILIMA® elite provides a large cup volume despite the smaller area (pink line) compared with previous solutions (white line)

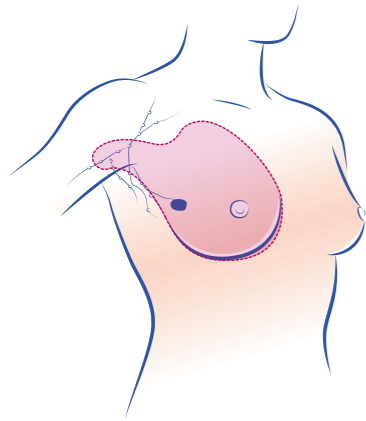
### Illustration SILIMA® classic, symmetric





# Treatment

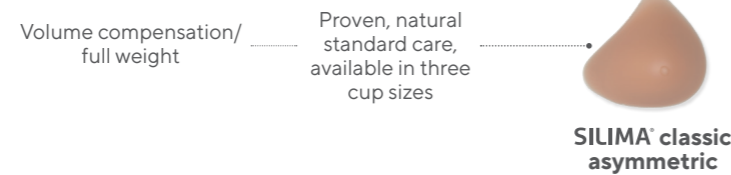
## After radically modified mastectomy



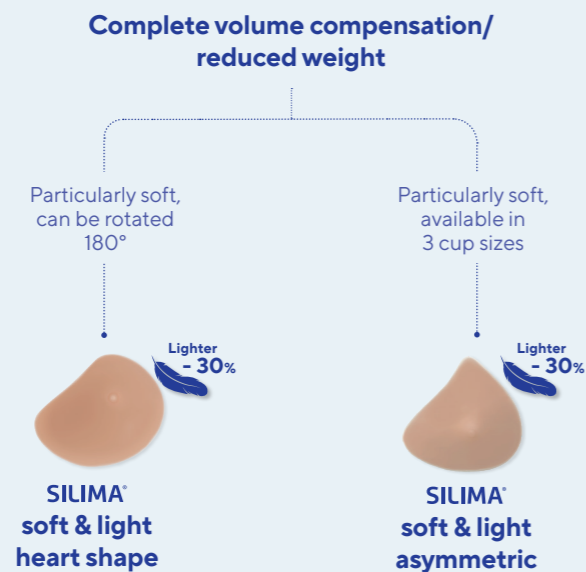
### For underarm tissue deficit: SILIMA® breast forms with lateral extension (asymmetric)

A modified radical mastectomy removes not just the mammary gland and fatty tissue, but also the lymph nodes, resulting in a noticeable loss of underarm tissue. A SILIMA® breast form with extension, i.e. that tapers at the sides under the arms, provides the best fit in such instances. This holds especially true for women with a fuller figure. By contrast, a form without extension may be more suitable for slim women, even if they have suffered tissue loss down the side.

## BASIC



## PREMIUM



## SILIMA® CLASSIC ASYMMETRIC

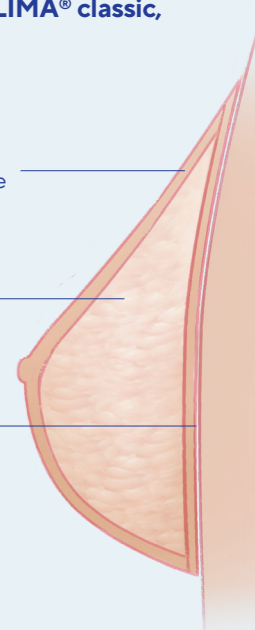


- The same as the symmetric version, except:
- Elongated at the sides to compensate underarm tissue loss
- Ideal for uneven scars or immediately following surgery thanks to the shallow hollow on the underside
- Wide tapering at the sides for guaranteed non-slip hold in a bra
- Wide, moulded bottom edge: supports the form against the body and ensures firm hold when worn directly against the skin
- Flat natural transition where the straps join and under the arms
- Flat upper breast, especially cup A

**Art.-No.** T66 3601  
**UK Name** SILIMA® contura classic  
**Cup/sizes**  
 A1-7  
 Standard/B 1-10  
 Full/C 5-11  
**Description**  
 anatomical, asymmetric  
 1-layered

### Illustration SILIMA® classic, asymmetric

Gossamer thin, matt polyurethane film  
 Addition cure silicone  
 Cavity



## SILIMA® SOFT & LIGHT ASYMMETRIC

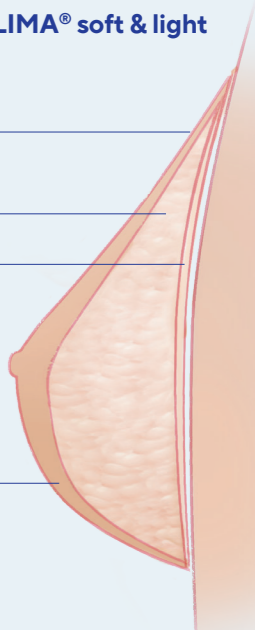


- Three-layer design for enhanced comfort
- Up to 30% lighter than conventional gel forms
- Cup available in three sizes
- As soft as a natural breast
- The asymmetric shape with tapered sides ensures a perfect fit when underarm tissue has been lost as a result of removing lymph nodes

**Art.-No.** T66 3682  
**UK Name** SILIMA® discreetly  
**Cup/sizes**  
 A 3-7, Standard/B 3-10  
 Full/C 5-12  
**Description**  
 anatomical, symmetric  
 3-layered

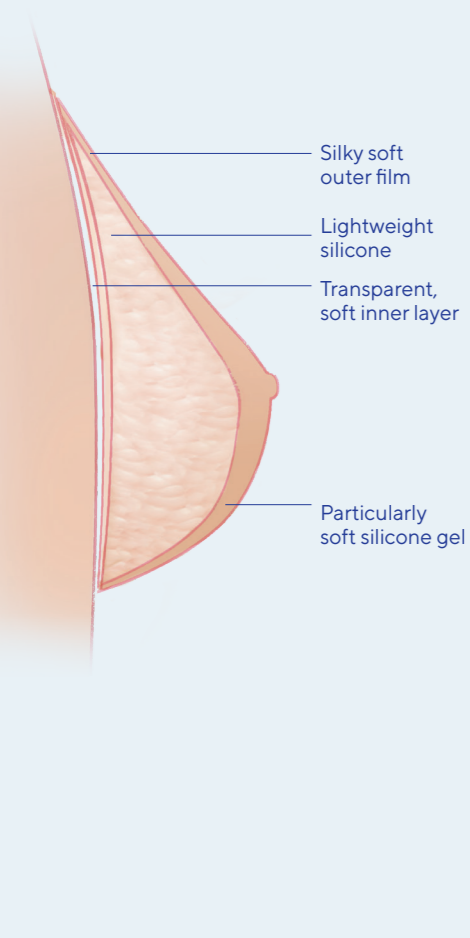
### Illustration SILIMA® soft & light

Silky soft outer film  
 Lightweight silicone  
 Transparent, soft inner layer  
 Particularly soft silicone gel



## SILIMA® SOFT & LIGHT HEART SHAPE

### Illustration SILIMA® soft & light heart shape



Lighter  
- 30%



- Three-layer design for enhanced comfort
- Lightweight silicone core with naturally soft cup and silky-soft inner layer
- Up to 30 % lighter than conventional gel forms
- Adapts to fit the thoracic wall with ease, ideally suited for sensitive scar tissue
- Even looks lightweight, thanks to the transparent inner layer
- Adapts naturally to all body movements, whether standing, sitting or lying down
- Symmetric shape, adapts to become asymmetric
- Gently tapers to the neckline and underarm area

- The curve fills the lower breast area particularly well and stops the form from rubbing against the remaining natural breast

**Art.-No.** T66 3281

**UK Name** SILIMA® embrace

**Cup/sizes**

Standard/B 1 - 8

Full/C 5 - 12

**Description**

anatomical, symmetric

3-layered

## SILIMA® COLOR VARIETY



ART. NO	PRODUCT	LIGHT TINTED	MEDIUM TINTED	DARK TINTED
T66227	SILIMA Fiberfill dreiecksform	x		
T66360	SILIMA classic asymmetrisch	x	x	x
T66370	SILIMA classic symmetrisch	x	x	x
T66379	SILIMA soft&light, Super soft	x	x	x
T66398	SILIMA elite	x	x	x
T66377	SILIMA direct	x	x	x
T66368	SILIMA soft&light asymmetrisch	x	x	x
T66378	SILIMA soft&light symmetrisch	x	x	x
T66328	SILIMA soft&light Herzform	x	x	x
T66374	SILIMA ultra light	x	x	x
T66380	SILIMA shell	x	x	x
T66390	SILIMA conform	x	x	x
T66107	SILIMA Xtra	x		
All	Serena	x		



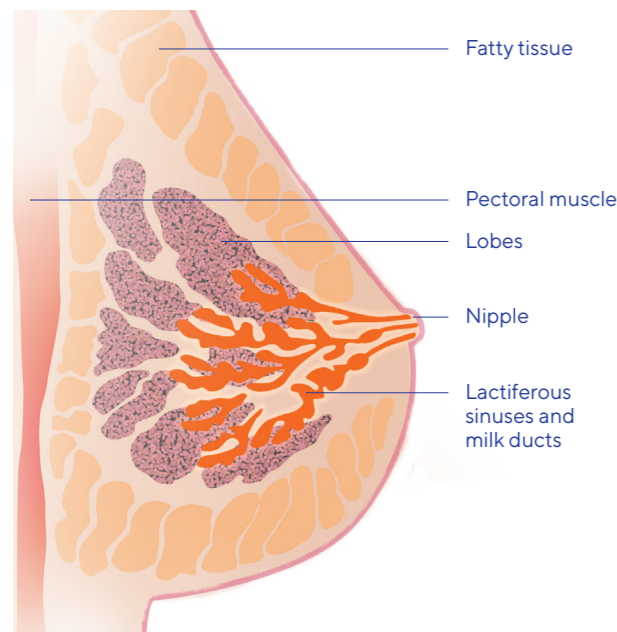
## WHAT YOU SHOULD KNOW ABOUT BREAST CANCER

**Malignant breast tumours are the most frequent form of cancer among women in Europe. Every fourth cancer diagnosed among women afflicts the breast. From the age of 40, the risk of cancer gradually increases. It is estimated that in the year 2000 there were 350,000 new breast cancer cases in Europe, while the mortality was estimated at 130,000 (European Network of Cancer Registries – ENCR, Cancer Fact Sheets, 2002). In order to understand why the restoration of physical appearance is so important for the mental stabilisation of women who have undergone breast surgery and thus for their return to leading a normal life, it helps to understand the structure of the female breast, how breast cancer occurs, and how it is treated.**

### Structure and function of the female breast

The term “breast” describes the milk-producing gland whose primary function is to feed newborn babies. The medical descriptive term is Mamma.

The glandular tissue is arranged around the nipple, vir-



The term breast describes the milk-producing mammary gland. The surrounding fatty and connecting tissue gives the breast its shape and softness.

tually in a star shape. It consists of milk-secreting lobules (Lobula) arranged in groups and the so-called milk ducts (Ductuli), which run, like paths, towards the nipple and to the outside, some 15 to each nipple. The lobules and ducts are embedded in fatty and connective tissue that gives the breast its shape and softness. A breast does not have any muscles, but lies on the major and minor pectoral muscles. A network of nerves, blood vessels and lymph channels supplies nutrients and hormones to the breast tissue.

Most of the lymph channels – consisting of lymphatic vessels and lymph nodes – run towards the armpit, with a few leading towards the breastbone and collarbone. Normally, lymph nodes are pea sized, at most, soft and virtually impossible to feel.

Inflammations, but also malignant illnesses, can cause them to swell and harden. But just because you can feel a node does not necessarily mean it is malignant. More than three quarters are benign, and frequently indicate mastopathy, i.e. an accumulation of connecting tissue, or cysts filled with fluid.

### How breast cancer develops

In the case of malignant tumours, the tumour cells reproduce unhindered, destroy the surrounding tissue, and can be transported along the blood and lymph channels to other parts of the body where they can start forming metastases.

Malignant tumours in the breast (breast cancer) start in the surface (epithelial) cells of the milk ducts, although some also form in the lobes.

If the tumour has not penetrated the cell walls, the basal membrane of the gland tissue, it is referred to as a carcinoma in situ, contained at its location of occurrence. At such an early, non-invasive stage, the chances of curing the cancer by surgically removing the tumour are good. Once the tumour cells have penetrated the basal membrane and started growing in the surrounding connecting and fatty tissue, they become what is known in medicine as an invasive tumour – breast cancer.

Cancer is caused by changes in the genetic material of body cells that result in dysfunctional growth. Why a healthy cell mutates into a cancer cell is, however, still largely unresearched, although statistics do permit the derivation of specific risk factors. Accordingly, women face a higher risk of contracting breast cancer

- if their close relatives had breast cancer,
- if they are older than 50,
- if they have formerly suffered from breast cancer,
- if they have problematic mastopathy,
- if numerous microcalcifications are detected by mammography, or
- if tissue samples indicate a higher risk of cellular degeneration.

## THE VARIOUS TYPES OF SURGERY FOR BREAST CANCER

**There are various options for surgically removing breast carcinoma these days: radical, modified radical or simple mastectomies, or conservative breast surgery. The latter include quadrantectomy, tumorectomy or segmental mastectomy.**

### Conservative breast surgery

Nowadays, most breast cancer patients can undergo conservative breast surgery. The ratio of tumour size to overall mammary tissue plays a key role in determining whether conservative surgery is possible.

In order to indicate the area of change in the mammary gland, the breast is roughly divided up into four quadrants. Most malignant tumours are found in the outer, upper quadrants, i.e. between collarbone and armpit. A quadrant resection removes both the tumour and – to be on the safe side – the tissue in that quadrant. This type of surgery does, however, frequently produce a cosmetic result that is less than ideal. A tumorectomy or segmental mastectomy removes the tumour and surrounding tissue to a “safe” distance of about two centimetres to healthy tissue. This safe distance around the tumour aims to include any cells that might have invaded the surrounding tissue.

## ADJUVANT THERAPIES

**Various therapies are available to supplement or support breast cancer treatment. These include, for example, radiotherapy and/or medication, such as chemotherapy or hormone therapy.**

### Radiotherapy

Radiotherapy may be administered both before and after breast surgery. Pre-operative radiotherapy aims to stop or reverse tumour growth. Post-operative therapy aims to destroy any remaining cancer cells in the breast or scar area to prevent a relapse. Computer tomography is used to individually calculate the right dosage of radiation and area to be treated. This helps to reduce the possible side effects, such as burns. Nevertheless, the affected skin area remains extremely sensitive for the duration of the radiotherapy – which usually lasts five to six weeks.

### Chemotherapy

Cytostatic chemotherapy aims to hinder cell division and destroy cells, thus preventing the formation of metastases. It is used, for example, when other forms of treatment – such as radiotherapy or hormone therapy – are insufficient, and the tumour cells are already spreading through the body. Unfortunately, besides destroying cancer cells, chemotherapy also damages healthy, quickly

As a rule, some lymph nodes are also removed from the armpit during conservative breast surgery to enable exact diagnostics. The operation usually leaves only small, scarcely visible scars. Conservative breast therapy is often followed by radiotherapy.

### Mastectomy

A radical mastectomy removes the entire mammary gland including the associated pectoral muscles and lymph nodes. The cut stretches from around the shoulder joint down to the abdomen. The chest usually takes on a very concave shape as a result.

This radical approach to breast surgery was very common, especially in the 1970s. Nowadays, modified radical mastectomies remove the entire mammary gland, together with the associated lymph nodes in the armpits. The pectoral muscles are left, or only removed if also tumour-ridden. A simple mastectomy removes the entire gland tissue but leaves the axillary lymph nodes.

dividing cells, such as are found in the roots of our hair or the gastrointestinal tract. It can therefore cause side effects such as hair loss, nausea and vomiting. These side effects can be controlled by individually combining the compounds with medication to stop nausea and vomiting. Like radiotherapy, chemotherapy can be administered both before and after surgery.

### Hormone therapy

Some breast tumours are hormone receptor positive, i.e. caused by the influence of hormones such as oestrogen. Following surgery, patients with such tumours can receive hormone treatment to combat the body’s production of the hormones.

### Breast reconstruction options

An increasingly important part of the recovery process following cancer-related mammary loss is the restoration of appearance using a breast form or through breast reconstruction. Various methods and techniques are available for breast reconstruction – using either silicone or saline breast implants, or tissue taken from elsewhere on the body. This tissue is either taken from the large back muscle, or the lower abdominal area.

# Care and cleaning

## How to look after breast forms

SILIMA® breast forms are high-quality products – pleasantly silky and skin friendly. Perspiration can, however, impair the positive material properties of SILIMA® breast forms. So please make sure your customers understand the need to clean their breast forms every day to ensure lasting elasticity and strength. SILIMA® breast forms are so easy to care for that cleaning them takes barely a minute. Show your customers how to treat and clean the breast forms properly. They will thank you for it. After all, silicone breast forms that are damaged by incorrect handling cannot be repaired.



## What your customers need to know about SILIMA® breast form care and cleaning:

- Wash with mild soap and rinse in warm water
- Do not use solvents under any circumstances
- Dab gently with a soft towel to dry
- Do not place the form on a radiator, nor use a hair dryer
- Use the original box to store or move the breast form
- Keep sharp or pointed objects, such as brooches, away from the breast form
- Be careful with pet claws – they might damage the gossamer-thin PU film
- Observe the care information included with each breast form



# Accessories / Service

ART.-NO.		DESCRIPTION	
T64 3642	Breast form cover	T66 3601, T66 3682	Colour: beige
T64 3742	Breast form cover	T66 3701, T66 3751, T66 3782	Colour: beige
T64 1541 symmetric	Bra pocket	T571541, T571551, T57 1651	Colours: white - beige - black
T57 999	Pocket sewing		
T64 107	SILIMA® xtra adhesive pads	One size fits all	Set of 2, incl. cleaning board
T64 3873	SILIMA® shell adhesive strips	1 – 6	Adhesive on both sides
T64 3772	SILIMA® direct adhesive pads	1 – 12	Adhesive on both sides
T83 3772	SILIMA® cleansing lotion	45 ml	For adhesive pads
T13 301	SILIMA® special brush	One size fits all	For adhesive pads

## SILIMA® NIPPLES

### For a perfectly natural appearance

A completely natural and feminine appearance down to the last detail: self-adhesive SILIMA® nipples make your SILIMA® breast form look even more natural. It is impossible to see the difference, even when wearing semi-transparent clothing. The extensive range of SILIMA® nipples ensures individual adaptation to the natural nipple. For a perfectly natural-looking bust. Even after conservative or reconstructive breast surgery. The nipple can even be worn directly on the skin.

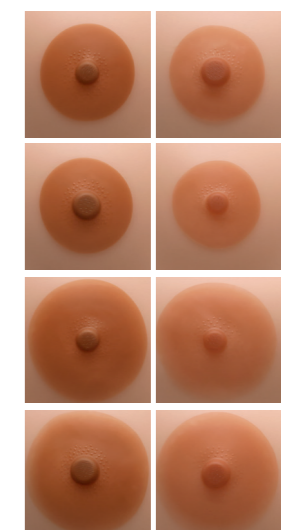
- Range of colours and sizes
- Skin-friendly
- Easy to handle
- Repeatedly self-adhesive
- Adhesive layer can be cleaned and reactivated
- Available in packs of one or two or as an 8-piece starter and demo set for the fitting

Art.-No. T83 1251

### Description

Description: Pack of 8 nipples: 8 x 1 of each nipples

COLOURS	Ø ARTIFICIAL NIPPLE	Ø NIPPLE	ART.-NO. PACKS OF ONE	ART.-NO. PACKS OF TWO
Light	40 mm	9 mm	83 127 RB 00940	83 127 RB 0094002
Light	40 mm	12 mm	83 127 RB 01240	83 127 RB 0124002
Dark	40 mm	9 mm	83 127 SB 00940	83 127 SB 0094002
Dark	40 mm	12 mm	83 127 SB 01240	83 127 SB 0124002
Light	52 mm	9 mm	83 128 RB 00952	83 128 RB 0095202
Light	52 mm	12 mm	83 128 RB 01252	83 128 RB 0125202
Dark	52 mm	9 mm	83 128 SB 00952	83 128 SB 0095202
Dark	52 mm	12 mm	83 128 SB 01252	83 128 SB 0125202





# How to measure and fit correctly

## Customers should wear a well-fitting bra when being measured:

- The underbust edge of the bra should not cut in
- The cups should not constrict the bust and should enclose it fully at the sides and neckline

### 1. Finding the right bra size

First measure the circumference under the bust. Match the measurement to the correct bra size in Table I.

**Example:** 79 cm measured = Bra size 80

### 2. Finding the right cup size

Measure from the middle of the back (spine) across the fullest part of the remaining breast to the breastbone. Then double the measurement. Starting from the bra size identified in Table I, track down to Table II, where you can find the right cup size on the left-hand side, based on your measurement.

**Example:** 47 cm measured, doubled = 94 cm. If the bra size is 80, the cup size – according to Table II – is B.

Once you have the right bra and cup sizes, you can determine the breast form size using the SILIMA® size table on the next page.

### 3. Finding the right breast form size

Starting from the measured cup size, track horizontally to the right to the measured bra size. In the vertical column beneath this measurement, you will find the appropriate breast form size.

**Example:** A measured cup B and bra size 80 equates to a breast form cup B, size 5.

**During selection, please bear in mind that most SILIMA® breast forms come in at least 2, and in some cases 3, cup sizes to ensure the best possible fit.**

SILIMA® breast forms ...

... cup A: for a small, flat bust

... standard/cup B: for the medium-sized bust

... full/cup C: for the fuller bust

... cup D/E: for a large bust

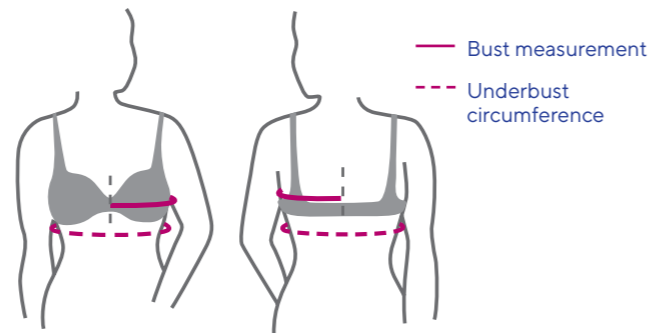


Table I: Underbust circumference in cm											
63-67	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107	108-112	113-117	118-122
International bra size											
65	70	75	80	85	90	95	100	105	110	115	120
Imperial bra size											
30	32	34	36	38	40	42	44	46	48	50	52

Table II: The right cup size is derived from the bust measurement in cm												
AA	75-77	80-82	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132
A	77-79	82-84	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124	127-129	132-134
B	79-81	84-86	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131	134-136
C	81-83	86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123	126-128	131-133	136-138
D	83-85	88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125	128-130	133-135	138-140
E	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132	135-137	140-142
F	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124	127-129	132-134	137-139	142-144
G	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131	134-136	139-141	144-146

## SILIMA® SIZE TABLE

MATCHING BRA SIZE TO THE RIGHT BREAST FORM SIZE														
AA	65	70	75	80	85	90	95	100	105	110	115	120		
A	60	65	70	75	80	85	90	95	100	105	110	115	120	
B			65	70	75	80	85	90	95	100	105	110	115	120
C				65	70	75	80	85	90	95	100	105	110	115
D					65	70	75	80	85	90	95	100	105	110
E						65	70	75	80	85	90	95	100	105

SILIMA® SOFT & LIGHT, SUPER SOFT, EXTRA SOFT LIGHTWEIGHT FORM												
symmetric: Art.-No. T66 3791	A/B-Cup	1	2	3	4	5	6	7	8	9	10	11

SILIMA® SOFT & LIGHT, EXTRA SOFT LIGHTWEIGHT FORM												
symmetric: Art.-No. T66 3281	B-Cup	1	2	3	4	5	6	7	8			
	C-Cup						5	6	7	8	9	10
symmetric: Art.-No. T66 3782	B-Cup	1	2	3	4	5	6	7	8	9	10	11
	C-Cup				3	4	5	6	7	8	9	10
asymmetric: Art.-No. T66 3682	A-Cup		3	4	5	6	7					
	B-Cup			3	4	5	6	7	8	9	10	
	C-Cup						5	6	7	8	9	10

SILIMA® ELITE, D/E-CUP											
symmetric: Art.-No. T66 3981	Sizes 8/9, 10/11, 12/13, 14/15 (Detailed size table see page 42)										

SILIMA® DIRECT, ADHESIVE PAD												
Art.-No. T643772	standard	1	2	3	4	5	6	7	8	9	10	11

SILIMA® DIRECT, LIGHTWEIGHT ADHESIVE FORM												
symmetric: Art.-No. T66 3772	B-Cup	1	2	3	4	5	6	7	8	9	10	11
	C-Cup				3	4	5	6	7	8	9	10

SILIMA® ULTRA LIGHT, EXTRA LIGHTWEIGHT FORM												
symmetric: Art.-No. T66 3741	B-Cup	1	2	3	4	5	6	7	8	9	10	11
	C-Cup				3	4	5	6	7	8	9	10

SILIMA® CLASSIC, STANDARD GEL FORM												
symmetric: Art.-No. T66 3701	B-Cup	1	2	3	4	5	6	7	8	9	10	11
	C-Cup				3	4	5	6	7	8	9	10
asymmetric: Art.-No. T66 3601	A-Cup	1	2	3	4	5	6	7				
	B-Cup	1	2	3	4	5	6	7	8	9	10	
	C-Cup						5	6	7	8	9	10

SILIMA® XTRA, PARTIAL FORM WITH ADHESIVE PADS											
Art.-No. T66 1071	size 1-4										

SILIMA® SHELL, ADHESIVE STRIP												
Art.-No. T643872	standard	1	1	2	2	3	3	4	4	5	5	6

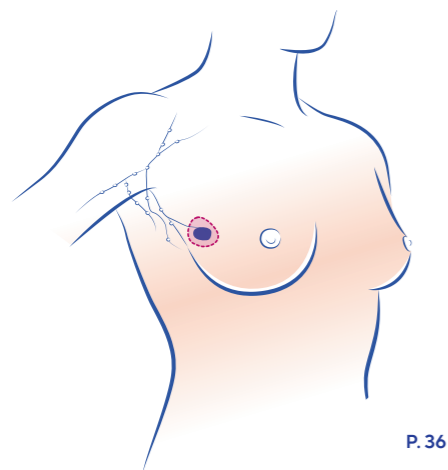
SILIMA® SHELL, SHELL FORM												
symmetric: Art.-No. T66 3802	B-Cup	1	2	3	4	5	6	7	8	9	10	11
	C-Cup				3	4	5	6	7	8	9	10

SILIMA® CONFORM, ULTRA-SOFT PARTIAL FORM												
symmetric: Art.-No. T66 3901	B-Cup	2/3	2/3	2/3	4/5	4/5	6/7	6/7	8/9	8/9	10/11	10/11
	C-Cup					4/5	4/5	6/7	6/7	8/9	8/9	10/11

This SILIMA® size table is for orientation purposes only. To ensure the best possible fit, please always have different sizes and cup sizes of the breast forms – especially SILIMA® soft & light, SILIMA® ultra light and SILIMA® elite – to hand.

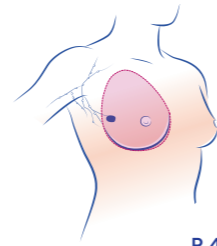
# SILIMA® BREAST FORM OVERVIEW

## Care after breast-conserving surgery



P. 36

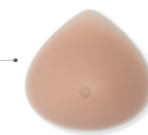
## Care after mastectomy



P. 40

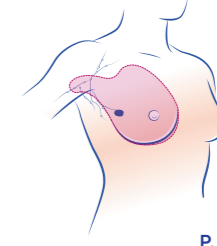
Complete volume compensation/  
full weight

Proven, natural  
standard care



SILIMA® classic  
symmetric

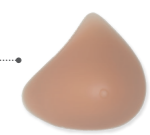
## Treatment after radically modified mastectomy



P. 44

Complete volume compensation/  
full weight

Proven, natural  
standard care,  
available in three  
cup sizes



SILIMA® classic  
asymmetric

## PREMIUM

### For volume compensation for uneven areas

For very  
low volume  
compensation/  
for nipple  
coverage

For medium  
volume  
compensation

Compensation  
for  
up to 2 cup  
sizes

Particularly for arm  
oedemas or lymph-  
oedemas/also for  
extensive volume  
compensation

Pleasant  
air circulation



SILIMA®  
xtra



SILIMA®  
shell



SILIMA®  
conform



SILIMA®  
ultra light

Lighter\*  
- 60%

### Complete volume compensation/ reduced weight

Relief and increased  
wearing comfort

2 in 1 concept,  
especially for arm  
and thoracic  
oedema

Especially for large  
bust sizes



SILIMA®  
direct

Lighter\*  
- 30%



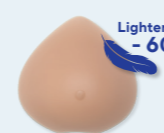
SILIMA®  
elite

Lighter\*  
- 30%

### Complete volume compensation/ reduced weight

Recommended  
particularly for arm  
oedemas or lymph-  
oedemas/also for  
extensive volume  
compensation

Pleasant  
air  
circulation



SILIMA®  
ultra light

Lighter\*  
- 60%

For very sensitive  
scar tissue

Especially for  
pressure-sensitive  
skin



SILIMA®  
soft & light  
super soft

Lighter\*  
- 15%

Especially soft  
and supple

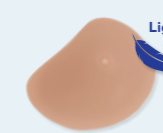


SILIMA®  
soft & light  
symmetric

Lighter\*  
- 30%

### Complete volume compensation/ reduced weight

Particularly soft,  
can be rotated  
180°



SILIMA®  
soft & light  
heart shape

Lighter\*  
- 30%

Particularly soft,  
available in  
3 cup sizes



SILIMA®  
soft & light  
asymmetric

Lighter\*  
- 30%

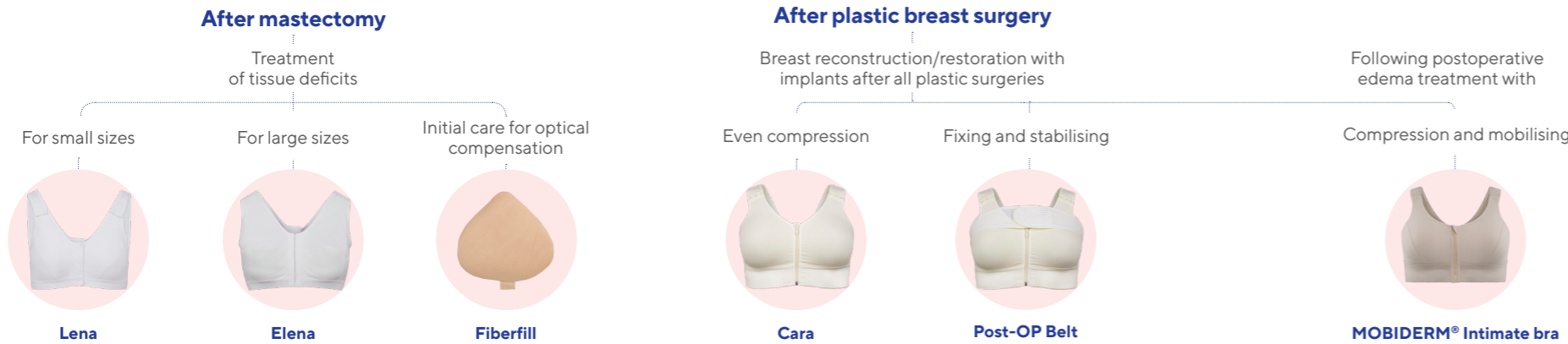


# SILIMA® BRA OVERVIEW

## POSTOPERATIVE PHASE / MEDICAL

Starting on page 15

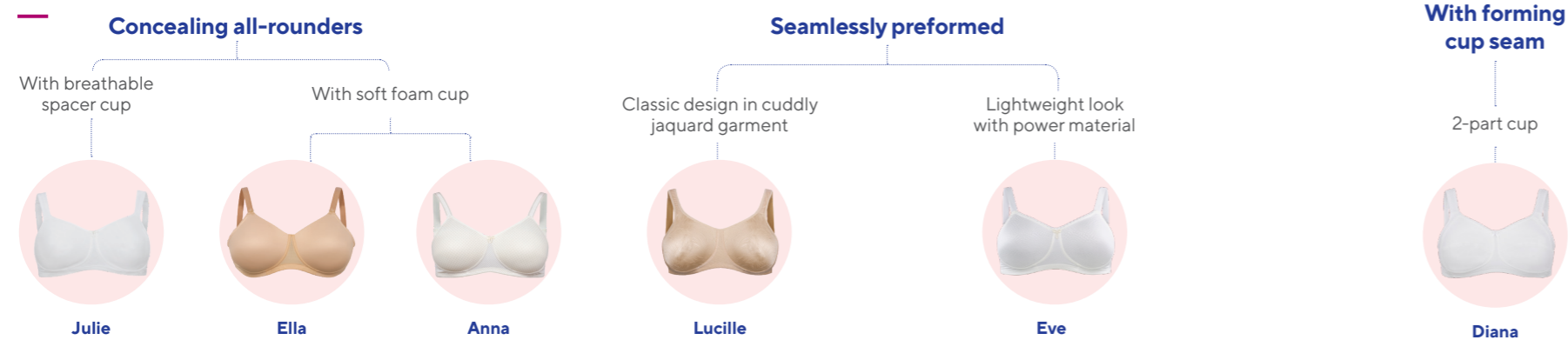
Starting on page 15



NAME	ITEM NO.	SIZES/CUP
Lena	P. 18 T57 2351	S Cup A · M Cup A · L Cup A · XL Cup A
Elena	P. 18 T57 2891	75 - 115 A - D
Fiberfill	P. 18 T66 2272	1 - 14, triangular shape, symmetric
Cara	P. 16 T57 2301	70 - 105 AA/A · 70 - 105 B/C · 70 - 100 D/E · Size extension for colour black 105 D/E and 110 - 120 AA/A, B/C
Post-OP Belt	P. 16 T57 2313	S/86 - 92 cm · M/92 - 98 cm · L/98 - 108 cm · XL/108 - 118 cm · XXL/118 - 128 cm
Mobiderm Intimate - bra	P. 20 T57 1301	70 - 115 XS - XL · AA/A, B/C, D/E (UK 32-50)

## DAILY

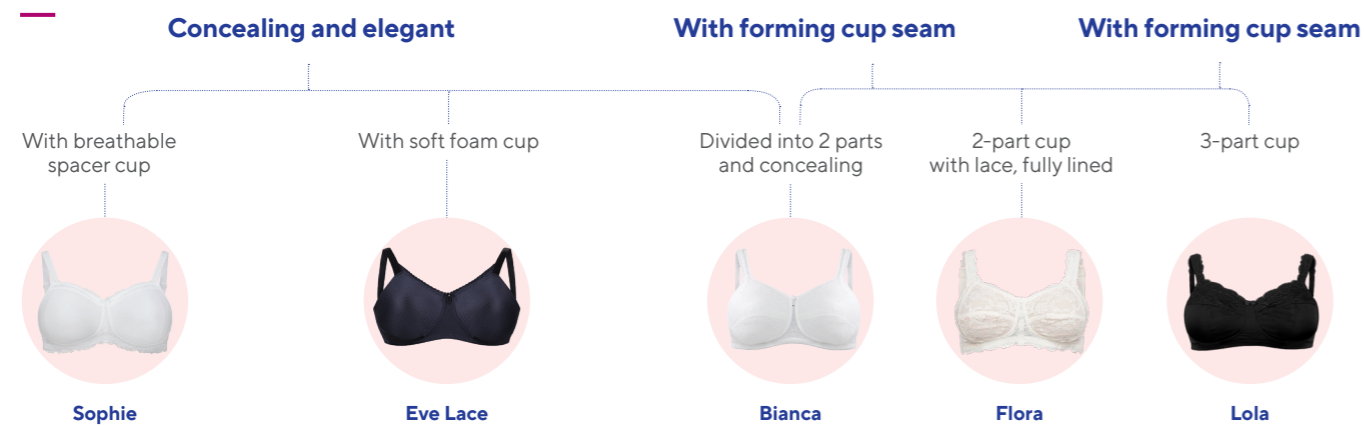
Starting on page 21



NAME	ITEM NO.	SIZES/CUP
Julie	P. 25 T57 4101	75 - 95 AA, 70 - 90 A - C, 75 - 90 D
Ella	P. 24 T57 5401	75 - 95 AA, D, 75 - 100 A - C
Anna*	P. 22 T57 4602	75 - 100 A - C, 75 - 95 D
Lucille	P. 23 T57 5801	75 - 100 A, 75 - 105 B, C, 80 - 100 D
Eve	P. 23 T57 4701	75 - 100 AA - C, 75 - 95 D
Diana	P. 25 T57 2551	70 - 105 A - B, 75 - 105 C - D

## LACE

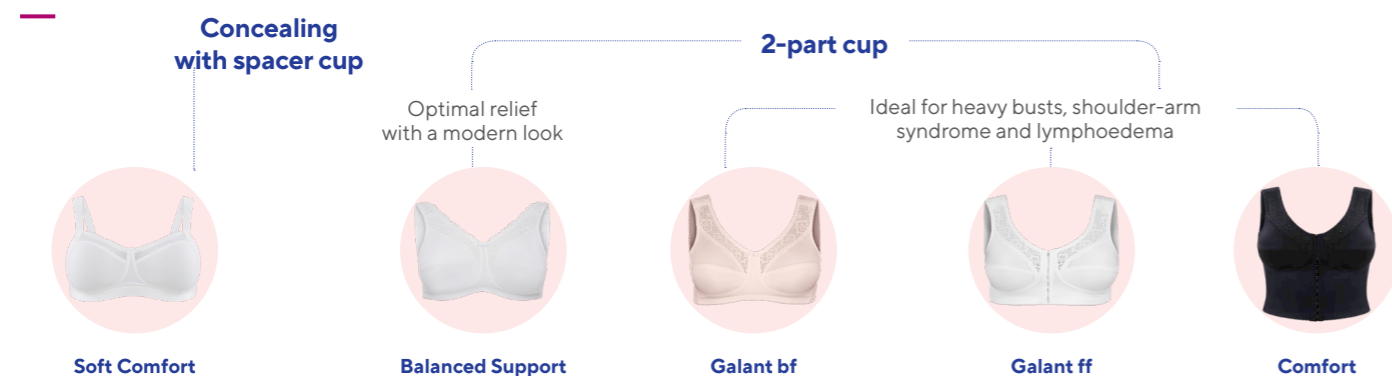
Starting on page 26



NAME	ITEM NO.	SIZES/CUP
Sophie	P. 29 T57 5201	75 - 100 AA, 70 - 100 A - B, 70 - 90 C, 75 - 90 D
Eve Lace*	P. 27 T57 4801	75 - 100 A - C, 75 - 95 D
Bianca	P. 28 T57 2691	70 - 95 AA - B
Flora	P. 28 T57 2081	70 - 95 AA - C, 70 - 90 D
Lola	P. 28 T57 2583	75 - 105 A - C, 75 - 100 D, 75 - 95 E

## SUPPORT

Starting on page 30



NAME	ITEM NO.	SIZES/CUP
Soft Comfort	P. 31 T57 5301	75 - 105 B - E
Balanced Support	P. 33 T57 1462	80 - 110 B - E, 80 - 105 F
Galant bf	P. 32 T57 1541	80 - 100 A, 75 - 115 B - D, 85 - 115 E
Galant ff	P. 32 T57 1551	80 - 100 A, 75 - 115 B - C, 85 - 115 D - E
Comfort	P. 31 T57 1651	80 - 120 B - D, 90 - 120 E

\*Matching slip available.

## SERENA®

Serena® comprises a variety of normal weight external silicone breast prostheses.

The soft and **skin-friendly materials** used for Serena® have been selected to give **maximum comfort**: consistency, elasticity and movement are very similar to the natural properties of the breast.

Serena® allows the women after mastectomy to recover their **natural comfort** with full confidence, and helps them to find their **everyday equilibrium**.

## SERENA® TRIANGULAR

- Triangular shape, symmetric, anatomical form
- For patients with no tissue deficit in the underarm area or slim women with a slight tissue deficit only
- The form clings to the body well and without wrinkling and adjusts anatomically to the natural rounding of the ribcage

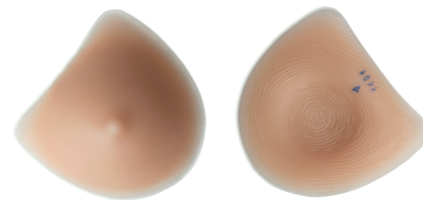
**Art.-No.** 9201  
**Sizes**  
Cup 1-10



## SERENA® HEART

- Heart shape, symmetric
- Slight lateral extensions – for patients with little or no tissue deficit in the underarm area
- Particularly suitable for larger sizes

**Art.-No.** 9341  
**Sizes**  
Cup 1-15



## SERENA® OVAL

- Long oval shape, symmetric
- Available in 2 versions: round cavity (9301) or oval cavity (9311)
- Underarm extension to compensate for tissue deficits
- Versatile in use: can be turned upwards for very large deficits in the neckline area

**Art.-No.** 9301 - 9311  
**Sizes**  
Cup 1-13



## NATALIA

- Delicate embroidery, back fastening, two pockets
- Excellent support and maximum comfort, especially for women with a larger bust

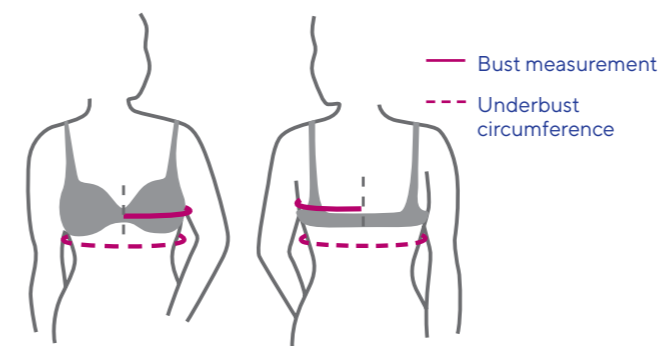
**Art.-No.** T672001  
**Sizes/Cup EUR (UK)**  
Cup B - E, size 75 - 100 (34 - 44)  
**Fabric**  
84 % polyamide  
12 % elastane  
4 % cotton  
**Colours**  
White, Beige



## VICTORIA

- Elegant lace bra, back fastening, with two pockets
- Firm support, even in larger sizes

**Art.-No.** T671001  
**Sizes/Cup EUR (UK)**  
Cup A - E, size 75 - 105 (34 - 46)  
**Fabric**  
78 % polyamide  
18 % elastane  
4 % cotton  
**Colours**  
White, Beige, Black



Underbust measurement (in cm)	Cup	Int. bra size	68-72		73-77		78-82		83-87		88-92		93-97		98-102		103-107		108-112		113-117	
			Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size	Serena Size			
AA			70	75	80	85	90	95	100	105	110	115										
A			80-82	85-87	90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127										
B			82-84	87-89	92-94	97-99	102-104	107-109	112-114	117-119	122-124	127-129										
C			84-86	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131										
D			86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123	126-128	131-133										
E			88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125	128-130	133-135										
			90-92	95-97	100-102	105-107	110-112	115-117	120-122	125-127	130-132	135-137										



# WINGS FOR YOUR HEALTH

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carefully for full list of indications, contraindications, precautions, side effects, application  
instructions, care...

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