



Minimally Invasive Breast Harmonization

CONSULTATION GUIDE



Intended for Mia Femtech™
Authorised Surgeons only.



6 in 10 women

do not feel satisfied
with their breast

& 72%

use a compensatory system* to
enhance their breast appearance



* Push-up or padded bras, breast tape, shapewear, makeup and more.

Sources: CONSUMER JOURNEY +Mia® CONCEPT TEST. PHASE 2. Kantar. Quantitative study 2023. Among 4.962 women aged 20 to 60 years old. France, Germany, Italy, Spain, Sweden, Switzerland and the UK. Mid-High income.

SOME COMMON CONCERNS



Size and Volume Dissatisfaction

Leading to a desire for enlargement, reduction, or enhancement for a more proportionate figure.



Perceived Imbalance or Asymmetry

Leading to feelings of self-consciousness or discomfort with body image.



Shape and Contour Issues

Influenced by age, breast-feeding or significant weight loss/gain.

UNDERSTANDING YOUR CONCERNS AND MOTIVATION



Current Perceptions

- How do you feel about your breasts now?
- Rate your current perception of your breasts (1-10)
- How long have you felt this way?



Desired Changes

- Are you focused on size, shape, or both?
- What results are you aiming for?
- What is your ideal outcome?



Motivations and Timing

- Why did you choose Mia®?
- Why take action now?
- How do you expect to feel after treatment?

GETTING TO KNOW YOU



GENERAL HEALTH AND
MEDICAL HISTORY



WEIGHT AND
BODY CHANGES



BODY IMAGE AND
AESTHETIC GOALS



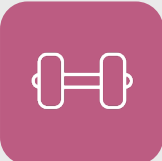
BREASTFEEDING
AND PREGNANCY



DIET AND
NUTRITION



WORK AND
DAILY ROUTINE



FITNESS AND
PHYSICAL ACTIVITY



YOU'RE A POTENTIAL Mia® CANDIDATE IF YOU IDENTIFY WITH ONE OR MORE OF THESE STATEMENTS:



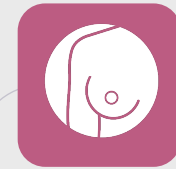
READY FOR A CHANGE

We start by making sure you feel at ease, ready to share your thoughts and goals.



PREFER A GENTLE APPROACH

You're interested in a minimally invasive option that doesn't require general anesthesia and preserves your breast tissue meaning no scar on the breast.



NATURAL AND BALANCED RESULTS

You're looking for a subtle breast enhancement that feels natural and complements your body's unique shape.



QUICK RETURN TO DAILY LIFE

You want a solution that lets you get back to your daily routine as soon as possible.

THE Mia[®] CONSULTATION CONVERSATION



Mia[®] BENEFITS

We'll explain the Mia[®] benefits, showing the advantages over traditional breast augmentation methods.



VISUALIZING RESULTS

You'll experience the Mia[®] difference firsthand. Feel the implants, try on sizes, and see real results.



EMPOWERING YOUR CHOICE

We'll help you choose the solution that's right for you, with expert support every step of the way.

WHAT MAKES Mia Femtech™ UNIQUE?

A minimally invasive approach using our **Breast Tissue Preservation³ Technique**, meaning no loss of breast sensitivity^{***}.

I.

MINIMALLY INVASIVE TECHNOLOGY

- The only real minimally invasive breast enhancement with breast tissue preservation technique¹.
- Using a single use patented system of tools.
- Therefore no sensitivity loss^{***}, minimal scars^{**}, and quick recovery^{**}.

2.

BACK TO YOUR LIFE ON THE SAME DAY^{**}

- A 90 min experience with a 15 min procedure time^{**}.
- Allows to resume her the life right after the procedure^{**}.

3.

UNPARALLELED SAFETY^{**}

- No need for general anesthesia^{****}, therefore less risks associated with it.
- Minimal time in the OR^{**}
- SmoothSilk® surface reduces the risk of complications such as capsular contracture^{*}.

4.

NO SCARS ON THE BREAST¹

- Scalpel never touches the breast.
- Only a concealed scar in the armpit folds¹.

*The implants used during Mia Femtech™ Breast Harmonization Experience are the first injectable implants with improved biocompatibility thanks to its innovative surface. Data has shown improved foreign body response and reduced pro-fibrotic complications 2.

**Mia® results, experience and recovery time may vary from consumer to consumer. Please consult with your doctor prior to returning to normal activity.

*** There are no clinical reports of breast sensitivity loss. Mia® results, experience and recovery time may vary from consumer to consumer.

****The use of general anesthesia is at the discretion of your surgeon and may be required in certain cases. The surgeon will determine whether general anesthesia is needed based on the patient's medical history among other factors. If you have any concerns about the use of general anesthesia during your procedure, please discuss them with your surgeon beforehand.

1. Establishment Labs®. Data on file. CLINR-001018.

3. Establishment Labs®. Data on file. CLINR-001018.

PERFORMED BY Mia® CERTIFIED SURGEONS

To ensure top safety and comfort, Mia® Breast harmonization is performed in Mia® certified centers by Mia® certified surgeon only, using single use, patented tools.

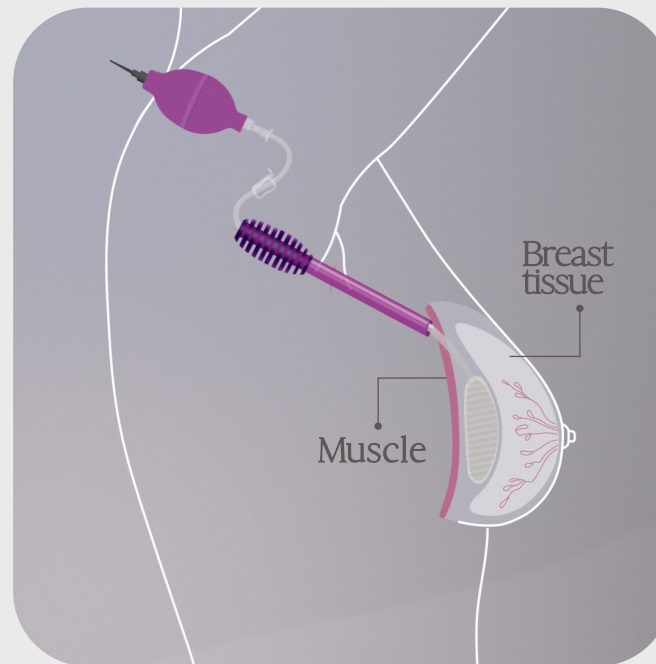


HOW DOES Mia[®] WORK?



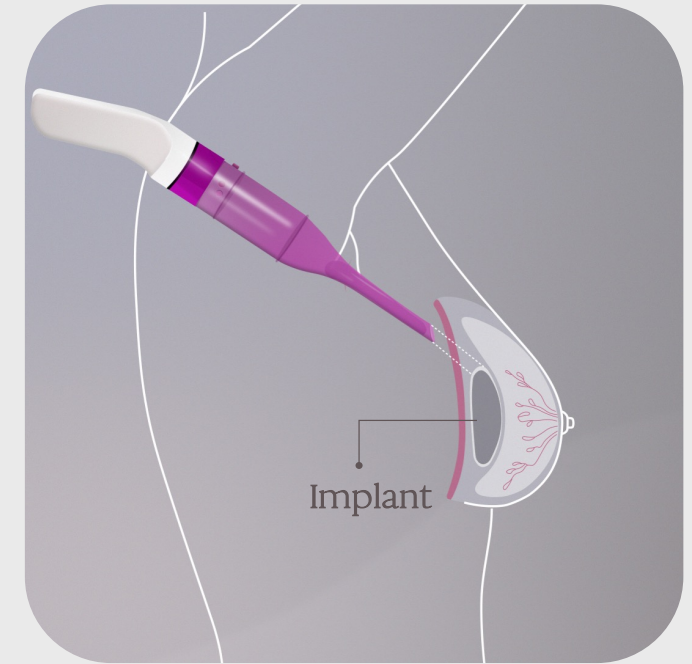
STEP 1: SMALL INCISION

Hidden in the fold of an armpit, leaving no scars on your breasts.



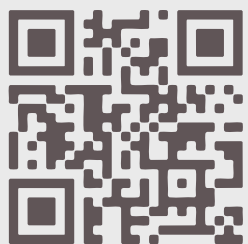
STEP 2: POCKET CREATION

Using our patented tool, a space above the muscle is created for the implant.



STEP 3: IMPLANT INJECTION

Implants are inserted into the pocket between the muscle and the breast tissue using our patented injector tool, preserving the breast tissue.



**SCAN THE QR CODE AND WATCH
THE FULL VIDEO TO LEARN MORE.**

BREAST HARMONIZATION VS. BREAST AUGMENTATION

	Breast Harmonization with Mia Femtech™	Breast Augmentation
Duration	15 minutes	
Preparation	Consultation, choice of implants	
Aneesthesia	Local anaesthesia / twilight sleep	
Hospital stay	Not necessary	
Physical rest	NA	
Able to work	After approx. 1-2 days	
Sport	Light exercise after 1 week	
Aftercare	Special bra, check-ups	

1 Establishment Labs®. Data on file.

2 Maxwell D, Estes M, Walcott JM, Canady JW, Hunter TD, Gache L, et al. Safety and Effectiveness of Silicone Gel-Filled Breast Implants in Primary Augmentation Patients. Aesthet Surg J. 2021 May 18;41(6):NP329-NP335. doi: 10.1093/asj/sjaa388.

3 Chung KJ, Cha KH, Lee JH, Kim YH, Kim TG, Kim IG. Usefulness of Intravenous Anesthesia Using a Target-controlled Infusion System with Local Anesthesia in Submuscular Breast Augmentation Surgery. Arch Plast Surg. 2012 Sep;39(5):540-5. doi: 10.5999/aps.2012.39.5.540.



A pair of hands is shown holding two translucent, dome-shaped objects. The hands are positioned with fingers spread, supporting the objects from below. The objects are light-colored and have a smooth, slightly reflective surface. The background is a solid, dark grey or black, which makes the translucent objects stand out. The lighting is soft, highlighting the contours of the hands and the objects.

FEEL THE DIFFERENCE



FEEL THE DIFFERENCE



Safety First: An Unparalleled Industry Approach

Prioritizing your holistic health with a tissue-preserving, single-use system and minimally invasive technology, all backed by comprehensive warranties.



Natural Feel

Experience a truly natural sensation with no detectable implant and full preservation of nipple sensitivity



Seamless Aesthetics

Breast enhancement with no scars on your breast, naturally complementing your beauty

Mia Femtech™ FEATURES NEXT GENERATION OF ERGO2® DIAMOND IMPLANTS – INJECTABLE¹ & WITH IMPROVED BIOCOMPATIBILITY²

Ergonomix2 Diamond Implant



Crafted from SuperSilicones™ & with improved biocompatibility², implants used during the Mia® Experience are **flexible, stretchable, and ergonomically designed to move and feel like natural breasts³.**

Super Silicones®

BluSeal+®

SmoothSilk® / SilkSurface®

TrueMonobloc+®

Progressive Gel Ultima®

Zen®

1. Establishment Labs®. Data on file. CLINR-001018.

2. Establishment Labs®. Data on files: CLINR-001018, CLINR-001020.

3. Establishment Labs®. Data on file: PQ-17-004

FEATURES OF THE ERGO₂[®] DIAMOND IMPLANTS



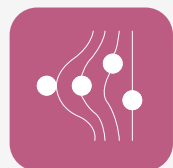
SmoothSilk[®] Surface

Designed for biocompatibility allowing for a more positive relationship between the implant and the body's own tissues. Because of this relationship, clinical studies have reported softer breasts and low device-related complications.



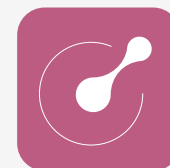
TrueMonobloc⁺[®]

This technology combines the shell and the gel to increase the strength and flexibility of the implant. This allows the implant to be inserted through smaller incisions and promotes low device-related complications such as rotation and rippling, as well as enhanced naturalness.



SuperSilicones[®]

The SmoothSilk Ergonomix2 Diamond[®] is designed using our advanced medical-grade silicone SuperSilicones[®], which is designed to enhance the relationship between the shell and the gel, promoting a softer, durable implant and the insertion of the implant through a smaller incision without compromising the shell integrity.



ProgressiveGel ULTIMA[®]

The Motiva[®] SmoothSilk Ergonomix2[®] Diamond implant is 100% filled with ProgressiveGel ULTIMA[®]. The ProgressiveGel ULTIMA[®] promotes a soft consistency, and **moves harmoniously** with the woman's body, mimicking the **natural movements** of the native breast tissues.



ZEN[®]

Zen[®] is a passive, non-ferrite radiofrequency identification device (RFID) securely embedded into the Motiva Ergonomix2[®] Diamond Implants[®]. Unique to each implant, Zen[®] stores an electronic serial number (ESN), which can only be obtained when activated in proximity of a RFID handheld reader.¹



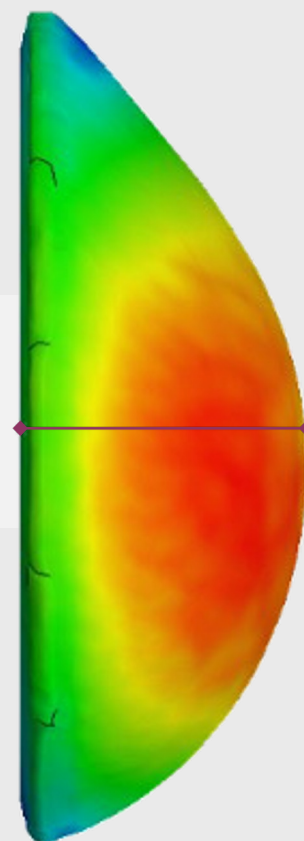
BluSeal⁺[®]

BluSeal[®]+ is a visible safety barrier layer featured inside the SmoothSilk Ergonomix2 Diamond[®] designed to allow for visual confirmation of the implant's integrity.



INNOVATIVE DIAMOND-SHAPED IMPLANT + BREAST TISSUE PRESERVATION PROVIDE UP TO **25%** MORE PROJECTION WITH THE SAME VOLUME

ERGONOMIX2®
E2SD-195

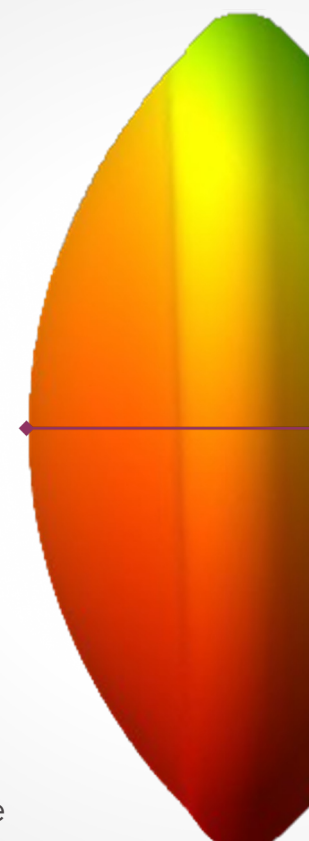


34.5 mm

42.9 mm

Used in the Mia®
Experience

ERGONOMIX2®
DIAMOND®
DSD-195



The implants used during Mia® Experience are diamond-shaped, offering **greater projection with same implant volume.**

*A greater projection is obtained with a smaller volume compared to a homologous Ergonomix2® implant with standard projection. Through a computer simulation, forces are applied to the implant, resembling the conditions of gravitational and motion forces, as well as pressure generated by tissues.



SINGLE USE HIGH-TECH MINIMALLY INVASIVE SYSTEM

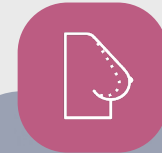


THE RESULTS

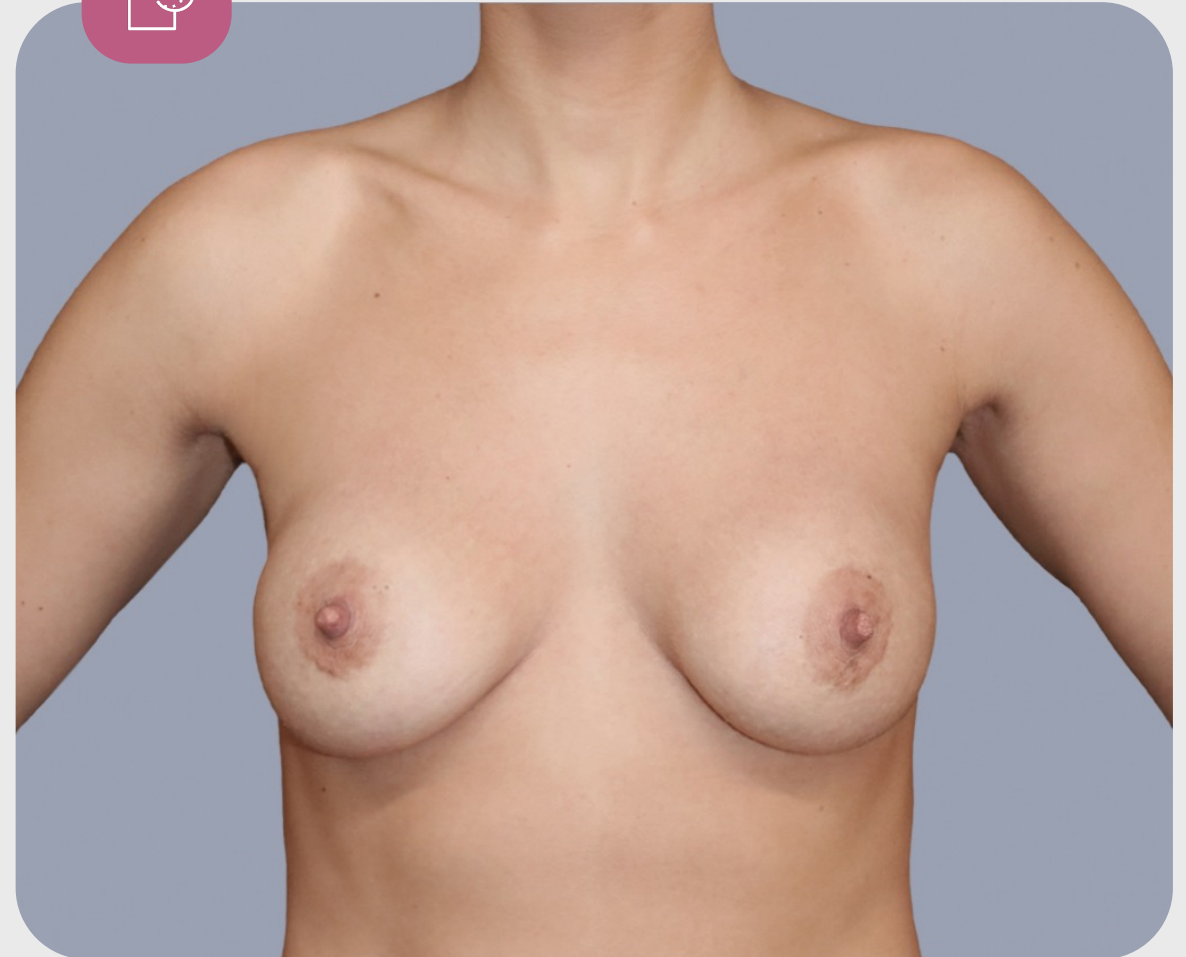
Size Implants: DSM-140cc



BEFORE



AFTER



Clinic: Victoriakliniken | Surgeon: Dr. Randquist

For more results, see Inspirational Book

THE RESULTS

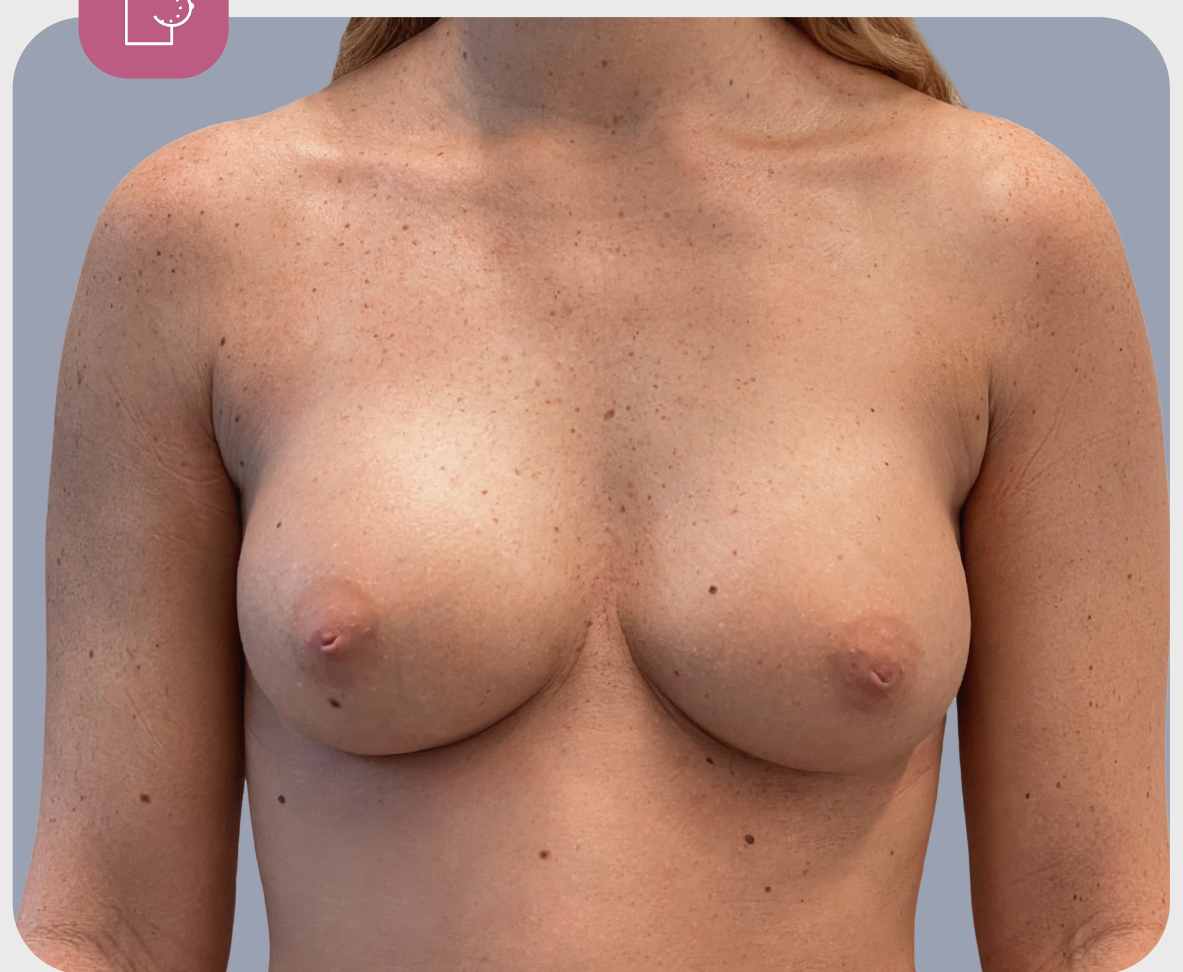
Size Implants: DSM-190cc



BEFORE



AFTER



Clinic: Belgian Beauty Clinic | Surgeon: Dr. Verdonck

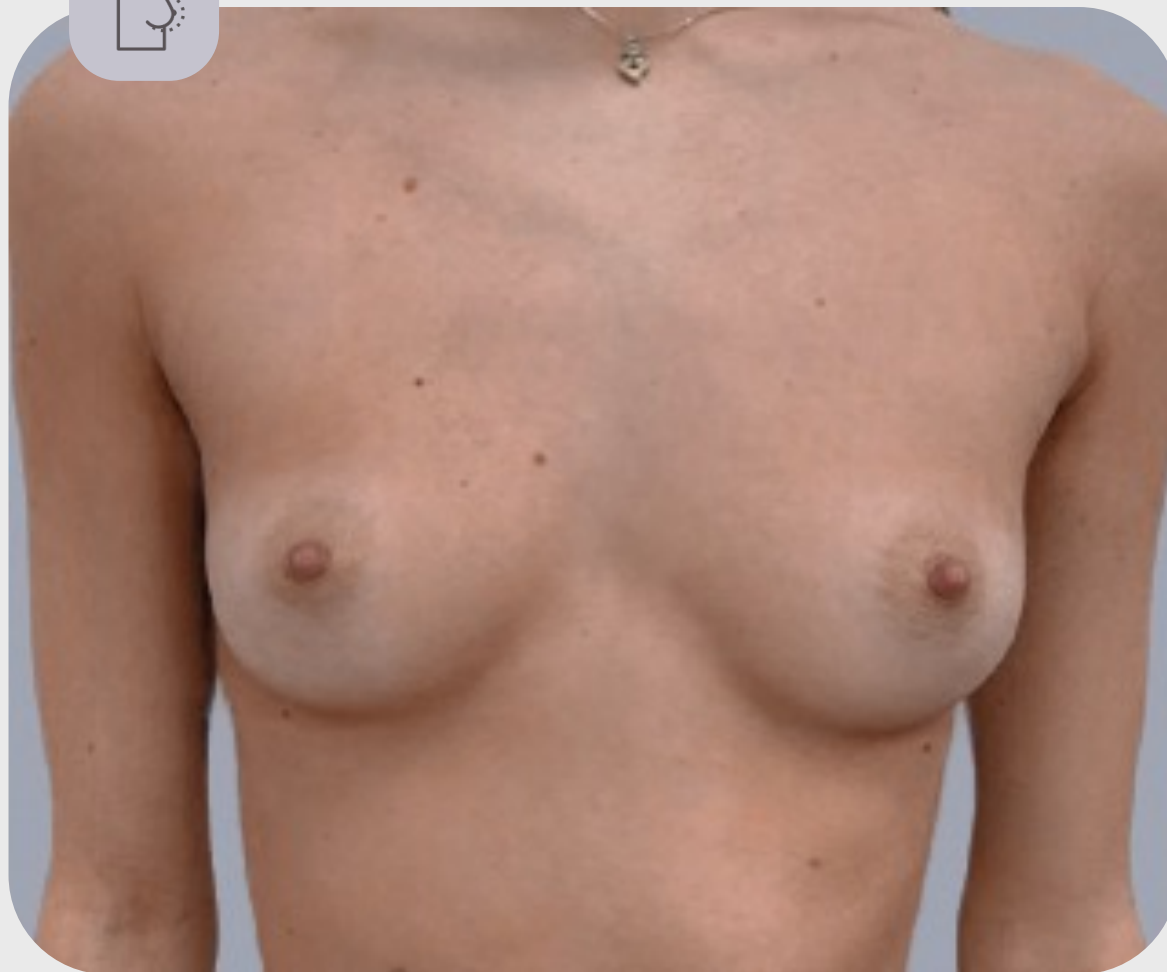
For more results, see Inspirational Book

THE RESULTS

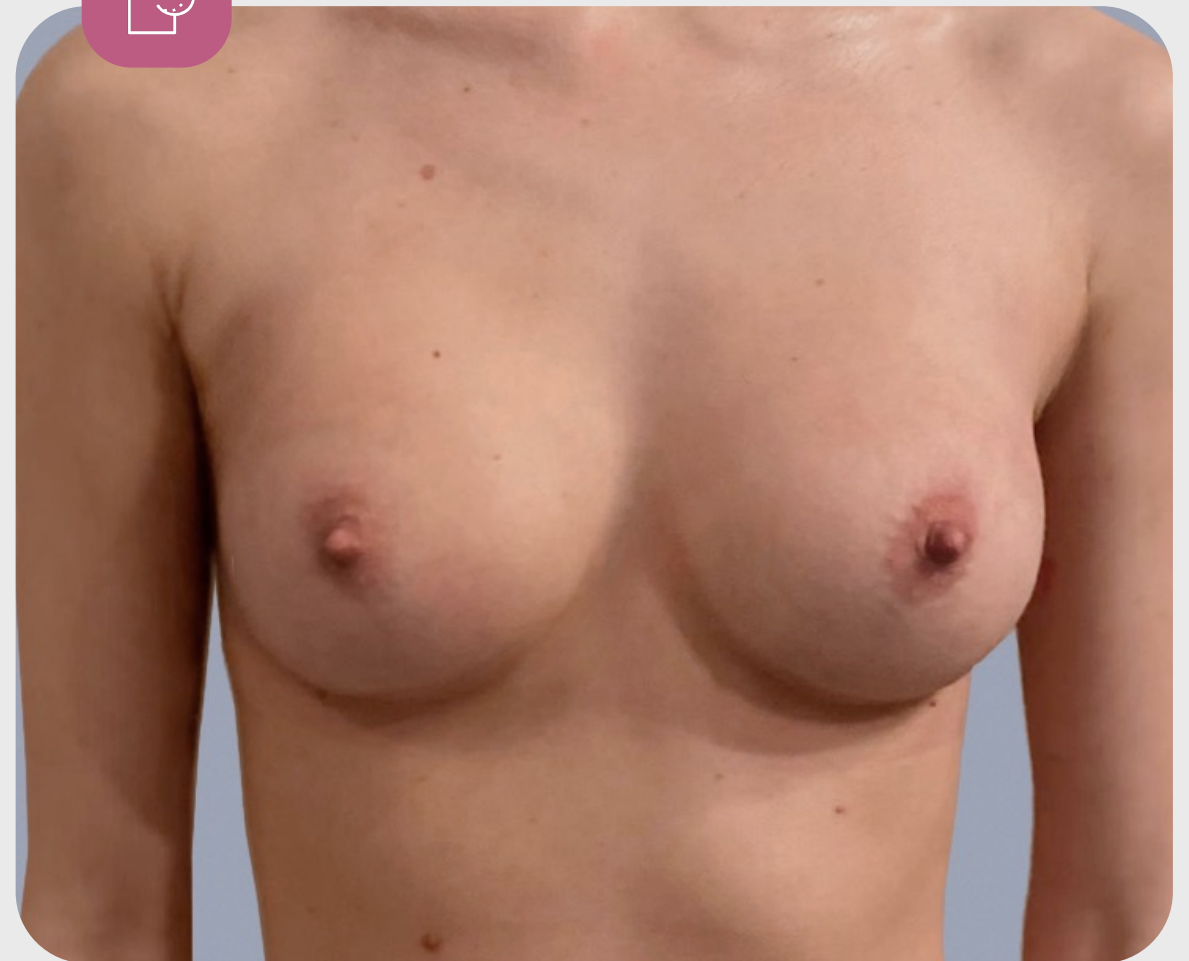
Size Implants: DSM-195cc



BEFORE



AFTER



Clinic: Amwaj Polyclinic Dubai | Surgeon: Dr. Vigo

For more results, see Inspirational Book

SHOW YOUR OWN RESULTS

THE EXTERNAL SIZING KIT

Mia® Steps of Use

External Sizers Matrix

Motiva Ergonomix2 SmoothSilk Diamond®

	MINI 	DEMI 	FULL 	CORSE 					
 (cm)	V (cc)	S	V (cc)	S	V (cc)	S	V (cc)	S	OPTIONAL PRE VOLUME
8.0	100	S8M	120	S8D	135	S8F	145	S8C	S8-9
8.5	125		140		160		175		
9.0	140	S9M	170	S9D	190	S9F			S10
9.5	165		195						
10.0	190	S10M							

A=Base V=Volume S=Sizer number



Step 1

Find in the Sizing Matrix the right implant intended for the consumer.

Step 2

Find the correspondent sizer, next to the implant volumen, identified with the letter S.

Step 3

Select the bra that fits best according to the consumer.

Step 4

Provide the bra and then the Sizers to the consumer so they can try them on and can provide feedback of how she feels.

Mia® External Sizers



SCAN THE QR CODE AND
WATCH THE FULL VIDEO TO
LEARN MORE.

93%

CONSUMERS WOULD RECOMMEND Mia®



Quick recovery



Natural results



No need for general anesthesia



Breast tissue preservation



No scar on the breast

"I think it is a spectacular technique, designed for those women who do not want a larger volume but a harmonious and subtle increase. Recovery and postoperative."

Mia® consumer

"I've already recommended the experience to two friends. Everything went so well. No one believed I could leave for a few days' vacation 2 days later."

Mia® consumer

"For anyone who wants discreet results, no anesthesia, no antibiotics, no severe pain, and no sick leave."

Mia® consumer

"Excellent recovery, Incredible treatment, natural result, I loved it."

Mia® consumer

FEEL ASSURED WITH Mia[®] COMPREHENSIVE COVERAGE

Coverage & Mia[®] Woman's Choice Program

Women's Choice Program supports you with financial help in case you wish to reverse the procedure within two years.

Coverage length

2 years

Financial assistance

Up to \$1,500 USD

Product Replacement in Case of Capsular Contracture^(b) of more advanced grades

Establishment Labs will provide the same or a similar Mia[®] diamond as a replacement for the affected Mia[®] Diamond^(c), free of charge.

Coverage length

10 years

Benefit

Complimentary replacement product

Financial assistance

Up to \$5,000 USD – 10 years

Product Replacement in case of Rupture^(c)

Establishment Labs will provide the same or a similar Mia[®] diamond as a replacement for the affected Mia[®] Diamond^(c), free of charge.

Coverage length

Lifetime

Benefit

Complimentary replacement product

Financial assistance

Up to \$5,000 USD – 10 years

*WCP participants must pre-register their Qualified Mia[®] Diamonds within 90 days of the procedure, either by themselves or through their Mia[®] Certified Clinic, and confirm via email or contact the Mia[®] Consumer Care team for assistance. For details terms and condition, please refer to <https://miafemtech.com/legal/womens-choice-program>

FAQ

I Are implants used during the Mia® experience?

Indeed, implants are used during the Mia® experience. Developed with an innovative technology*, the implants are made of silicone² and have a diamond shape to achieve maximum projection with minimal volume⁵. The Mia® experience is designed to harmonize your breasts by increasing the breast volume by one to two cup sizes^{1**}.

1. Establishment Labs®. Data on files: CLINR-001018, CLINR-001020.

2. Doloff JC, Veisheh O, de Mezerville R, et al. La topografía superficial de los implantes mamarios de silicona intercede en la respuesta a cuerpos extraños en ratones, conejos y humanos. Nat Biomed Eng. 2021.

5. Establishment Labs. Data on file: TR-001060

**Mia® results, experience and recovery time may vary from consumer to consumer. Please consult with your surgeon prior to returning to normal activity.

2 Is 15 minutes enough? Will it be quick or rushed?

The 15 minutes refers to the procedure 1; less time spent on the procedure may help to prevent associated risks⁴. This timeframe can be achieved thanks to the minimally invasive technique¹, the innovation, and the expertise of Mia® Certified surgeons. In total, the experience is designed to take about 90 minutes**.

1. Establishment Labs®. Data on files: CLINR-001031.

4. Establishment Labs®. Data on file: CLINP-001007

**Mia® results, experience and recovery time may vary from consumer to consumer. Please consult with your doctor prior to returning to normal activity.

3 With the absence of general anesthesia... Will I experience or feel anything?

The procedure included during the Mia® experience is minimally invasive and was designed to be performed under local anesthesia***, this means that you shouldn't experience any pain in the breast area during the procedure. In every case, your surgeon will determine whether general anesthesia is needed based on your medical history among other factors. If you have any concerns about the use of anesthesia during your procedure, please discuss them with your surgeon¹.

1. Establishment Labs®. Data on files: CLINR-001031

*** The use of general anesthesia is at the discretion of your surgeon and may be required in certain cases.

FAQ

4 How does the Mia® Experience differ from traditional breast augmentation?

The Mia® experience offers a unique, innovative and less invasive technique. The implants are swiftly inserted into the pocket, using our patented injector tool³ through a minimal incision hidden in the fold of an arm pit. Placed between the muscle and preserved breast tissue, the results look & feel like part of you¹ leaving no scar on your breast.

1. Mia Femtech™ Experience – Kantar Dec 2022 Sample 98 women who has Mia®.

3. Establishment Labs®. Data on files: DDD-001005, TS-001151, TS-001184, TS-001176, TS-001189, TS-001186, TS-001190, SE-001017, SE-001016, CLINR-001018, CLINR-001020

5 Can I have any issues after Mia® if I have children and want to breastfeed in the future?

The implants used during the Mia® experience are placed behind the mammary gland¹ and may not interfere with your breastfeeding experience. However, the ability to breastfeed may depend on numerous factors and you should always consult your healthcare specialist.

Establishment Labs®. Data on files: CLINR-001031

4. Establishment Labs®. Data on file. CLINP-001007

**Mia® results, experience and recovery time may vary from consumer to consumer. Please consult with your doctor prior to returning to normal activity.

****There are no clinical reports of breast sensitivity loss.

6 Can I have mammogram?

The procedure included during the Mia® experience is minimally invasive and was designed to be performed under local anesthesia^{***}, this means that you shouldn't experience any pain in the breast area during the procedure. In every case, your surgeon will determine whether general anesthesia is needed based on your medical history among other factors. If you have any concerns about the use of anesthesia during your procedure, please discuss them with your surgeon¹.

1. Establishment Labs. Data on file. TS-001298

2. Establishment Labs. Data on file. TS-001146

ABOUT Mia Femtech™ & ESTABLISHMENT LABS®

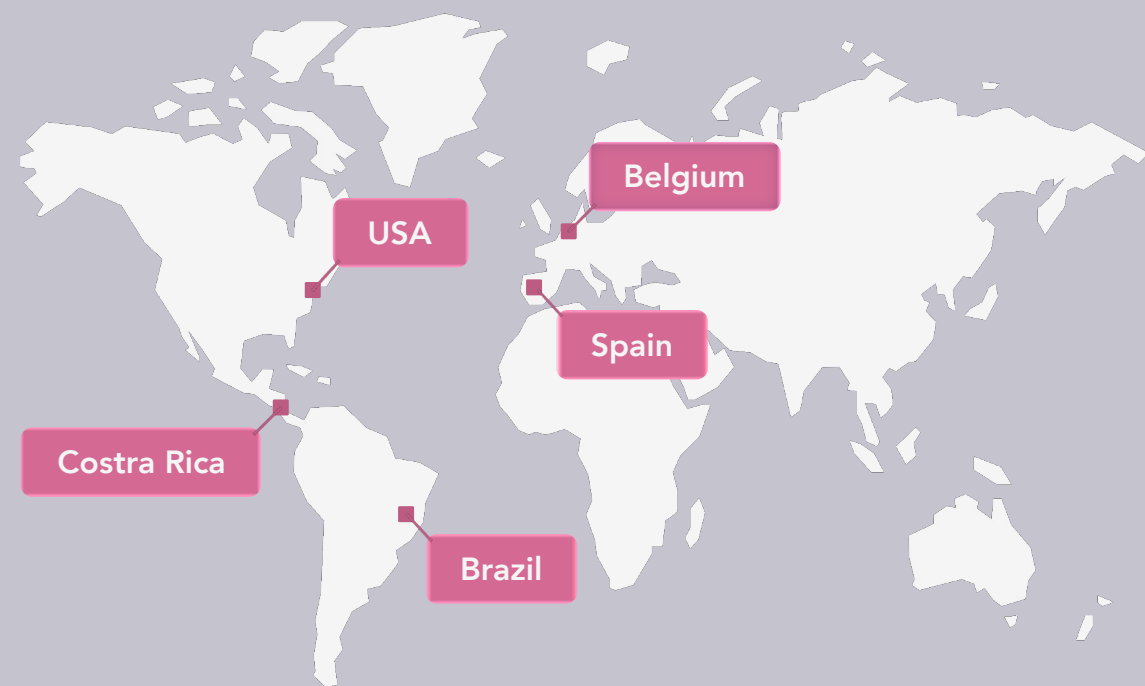
Establishment Labs Holdings Inc.

(NASDAQ:ESTA) is a first-of-its-kind medical technology company focused on breast aesthetics and breast reconstruction, bringing to market Femtech innovations for women's health and wellbeing.

Mia Femtech™

Establishment Lab's unique minimally invasive experience for breast harmony, is the Company's most recent breakthrough innovation.

- Safety <1% device related complications vs. market +10%:
- RFID enablement
- Human Factors (ergonomy)
- Minimally invasive
- Regen and advanced biomaterials



It has a high-tech and patented system with more than 25 inventions (patented families) and 218 applications globally in 21 jurisdictions.

mia[®]
FEMTECH