A Patient's Guide to Knee Replacement







Your Life in Motion

Dealing with continued pain can make life challenging, especially when it interferes with the things that you want to do like golfing or playing with small children, or the things you need to do such as getting in and out of bed. If non-surgical pain management treatments have not provided relief, knee replacement surgery may be the right option for you. Pain is not something you need to live with.

Review this information with your doctor to learn how surgical treatments can improve the quality of your life by getting you back in motion.





(6 It is just WONDERFUL to get your life back.

I can't praise the procedure enough. It's
been great, totally great. It's changed my life. >>

Susan's Story:

"It was time to claim my life again"

Susan lived an active lifestyle. She was an aerobics enthusiast, enjoyed gardening and loved to travel to New York City where she could walk around and see the theater. She first tried arthroscopic surgery to treat her knee pain and was told she would be a candidate for knee replacement surgery at a later time. She wore braces on both her knees so she could participate in the activities she loved to do, but her knee pain continued to cause her great discomfort. Susan eventually decided to have knee replacement surgery. "The knee pain caused me to retire early, since I couldn't kneel or be on ladders as my job tasks required," she explained. "It became impossible to climb a flight of stairs. Once I couldn't be out in the garden and doing the things I liked to do, I knew it had to be done."

After having both knees replaced with knee replacement surgery, Susan was thrilled with her results. She was able to stand on the first day and walk with a walker on the second day. Her terrible, grinding pain was gone. Four weeks after her second knee was replaced, Susan was delighted to again participate in her aerobics classes where she no longer needed to wear her braces. She said, "It was just time to reclaim my life."

Susan experienced a great recovery following her knee replacement surgeries, saying, "I can do all the things I used to do. It gave me my life back." Susan is able to enjoy her aerobics classes, go back into the city to see plays, and walk up and down the stairs. She is especially grateful to be able to work in her garden, squatting down to pull weeds, plant flowers and prune. Susan highly recommends that anyone with severe knee pain consider knee replacement surgery. "I can't praise the procedure enough. Do it. Don't wait. You will not believe the difference in the quality of your life."

^{*} Each patient will experience different results. See important risk information on page 18.

The Damaged Knee

Arthritis is one of the most common causes of disability in the United States, limiting the activities of nearly 52 million adults.¹ Arthritis is a disease that causes chronic inflammation to the joint, resulting in the gradual damage and wearing away of the cartilage. When the cartilage of the joint wears away, the bones begin to rub against each other, causing pain, stiffness and even limiting the function of your knee.



Arthritis can be caused by:

- Age-related wear and tear
- Injury to the knee
- Genetics
- Excess body weight
- Bone deformities

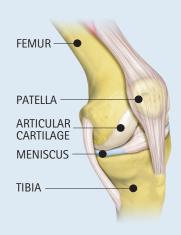
Typical symptoms of arthritis include:

- Joint stiffness
- Swelling of the joint
- Joint pain in the morning and after periods of inactivity
- Joint pain after activities such as stair climbing or kneeling
- Decreased range of motion or difficulty performing daily activities

¹ www.cdc.gov/arthritis

A Total Knee Replacement System

The knee is the largest and most complicated joint in the body. It is formed by the femur (thigh bone), tibia (shin bone) and the patella (knee cap). The end of the femur divides into two rounded bumps, called condyles, where it articulates similar to a hinge against the meniscus and the tibia. The surface of the bone is covered with articular cartilage, a rubbery tissue that acts

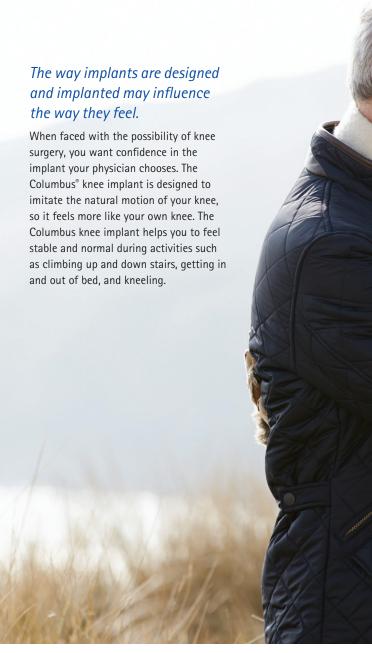


as a cushion and sliding surface to allow smooth movement of the joint. The patella is attached to a tendon, called the patellar tendon, which connects the patella to the tibia.

In a total knee replacement, the top of the shin bone is replaced with a flat metal component. A plastic spacer is then attached to the metal component providing a cushion and smooth surface for

the new knee to articulate. The end of the thigh bone is replaced with a metal femoral component that is designed to mimic knee anatomy. The underside of the knee cap may also be replaced with a dome-shaped plastic component.







Knee Replacement Surgery

If you and your doctor decide that knee replacement surgery is the best path for you, here are some of the things that you may expect before and after your surgery.



Before Surgery

Your doctor may perform a medical evaluation to assess your health and identify any conditions that could interfere with your surgery or your recovery. Your doctor will advise you on which medications to stop taking and which to continue taking before surgery. If you are overweight, you may be asked to lose weight to minimize the stress on your new joint and decrease the risks of surgery. Additionally, you may be asked to go to physical therapy to strengthen the muscles around your knee joint, which may help you recover easier and faster.

You also play an important role, not only in your surgical experience but also in your transition into your daily life by preparing for your knee replacement surgery:

- You may need help moving around your home such as getting into and out of bed, taking showers and preparing meals.
 Making arrangements to have a caregiver help with these activities can help ease your burden after surgery.
- Remove any tripping hazards like loose carpeting and cords to minimize your risk of falling.
- You may want to consider placing commonly used items within easy reach, such as drinking glasses with water, and toothbrushes with toothpaste.
- You may want to discuss blood donation with your surgeon in the event that you may need a blood transfusion during surgery.
- If you are a smoker, you may want to consider stopping.
 Smoking can interfere with the tissue and bone healing process.
- Discuss recovery time with your surgeon in case you need to make arrangements for extended leave from work.
- Review your insurance information with your surgeon to understand any financial obligations that you may encounter.

After Surgery

You and your doctor will determine the best location to recover after your surgery. Some patients may remain in the hospital for up to three days, go to a rehabilitation center or even directly home within 24 hours. Make sure you discuss expectations with your surgeon so that you can follow your surgeon's plan and easily transition into your daily routine.

Your recovery and rehabilitation will begin in the surgical center. A physical therapist will help you learn how to safely use your new knee. You may need to meet several goals before going home:

- Bend your knee or show good progress in bending your knee.
- Extend your knee fully.
- Walk with crutches or a walker on a level surface.
- Perform the prescribed home exercises.
- Learn how to protect your new knee.

Continue your rehabilitation at home to improve muscle strength and increase your range of motion:

- Continue performing the exercises that you learned from your physical therapist.
- Engage in low impact activities such as regular walks, cycling and swimming, and consult your doctor before beginning high impact/intensity exercises or performing heavy lifting.
- Properly care for your incision by avoiding soaking the wound in water until it has thoroughly sealed and dried.
- Continue a balanced diet and adequate fluid intake to promote proper tissue healing.
- Take medications as prescribed to minimize the risk of infection and/or control pain.



Frequently Asked Questions

When is it time to consider total knee replacement surgery?

There are many factors to consider when deciding the best treatment for your knee pain. Your doctor may want to begin treating your pain with nonsurgical treatments. If nonsurgical treatments are not providing relief, you may want to consider discussing knee replacement surgery with your doctor. It is important to remember that you have options when it comes to treating your knee pain, and these decisions should be made with your doctor to ensure that you achieve your desired outcome.

What are the reasons I may want to consider total knee replacement surgery?

- Severe knee pain that limits everyday activities
- Moderate to severe knee pain while resting
- Chronic knee inflammation and swelling that does not improve with rest or medications
- Knee deformity that limits everyday activities
- Knee stiffness (an inability to bend or straighten your knee) that limits everyday activities
- Failure to substantially improve with nonsurgical treatments

What are the risks of undergoing total knee replacement surgery?

Potential surgical risks include blood clots, called Deep Venous Thrombosis (DVT), and infection. Your doctor can use various methods to minimize these risks including early mobilization, compression pump treatment, medication and/or antibiotics. You will be monitored during and after your surgery to ensure that complications are handled timely and appropriately.

What are the benefits to total knee replacement surgery?

Total knee replacement has the potential to improve the quality of your life by reducing pain, improving mobility and correcting deformities. Carrying out activities of daily living should be much easier after the surgery. You should be able to enjoy gentle exercise such as swimming, cycling, gardening, playing golf and playing with children.

What is the recovery time after surgery?

Complete recovery times vary with each person and depend upon several factors such as age, general health, fitness and unexpected complications. Successful surgery will relieve joint pain and stiffness, and most individuals can expect to resume normal daily activities including driving within six (6) weeks of surgery.

How long will a knee replacement last?

With normal use and activity, a knee replacement system is designed to survive long-term and provide you with a good quality of life. However, excessive activity or excessive body weight may accelerate the wear of knee components, which can cause the knee replacement components to loosen and become painful. You may want to discuss with your surgeon the ways in which you can keep the components functioning for as long as possible and how to avoid wearing out your components.

Additional questions you may want to ask your doctor

- How many total knee replacement surgeries have you performed?
- Will I need surgery immediately? What will happen if I wait a few months or a year to have surgery?
- What is the implant made of? Can I have a reaction to the implant materials?
- How long will physical therapy last?
- Will I have lifetime activity limitations like certain sports or lifting?
- Will I set off metal detectors?
- Will I need antibiotics for dental care? Will this be a lifelong consideration?
- When is sexual intercourse feasible after surgery?

For more information about knee replacement surgery, visit www.SoActiveSoFast.com or e-mail orthopaedics.us@aesculap.com

Leave your knee pain in the past and get So active, So fast!



Important Risk Information

Each patient will experience different postoperative results and activity levels depending on their own individual clinical factors. There are potential risks and recovery times associated with surgery, and certain individuals should not undergo surgery. You should consult with an orthopaedic surgeon for complete benefits, risks and possible outcomes based on your specific needs.

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