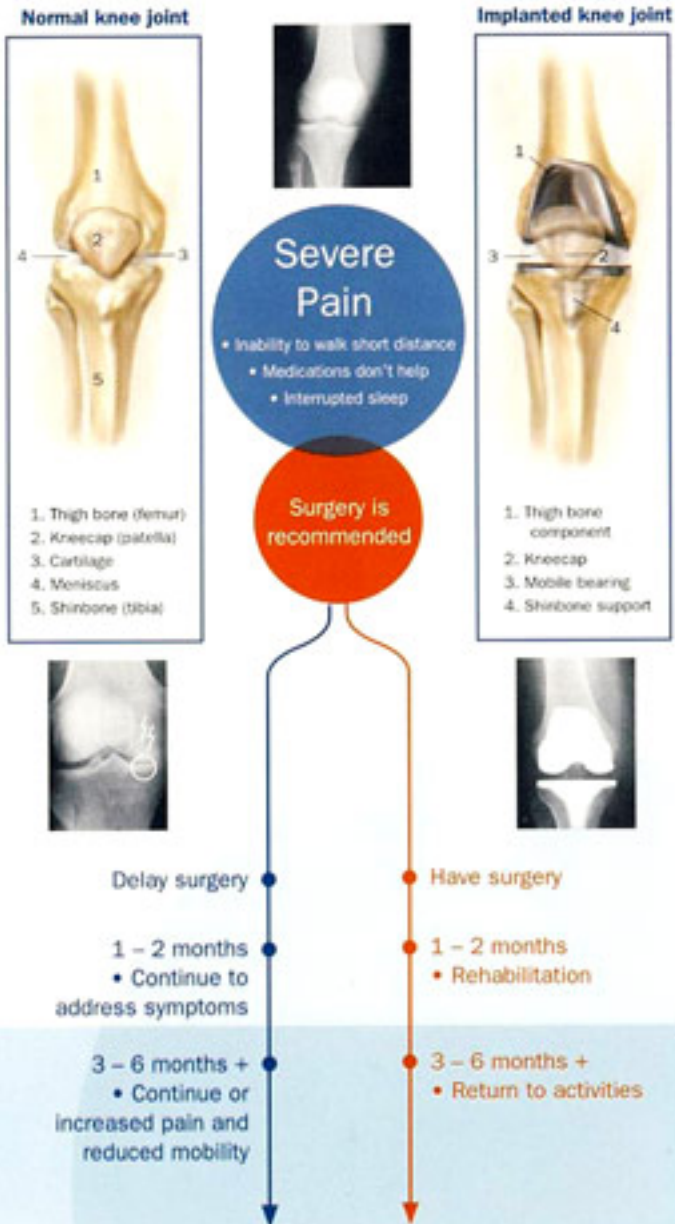


Knee replacement surgery



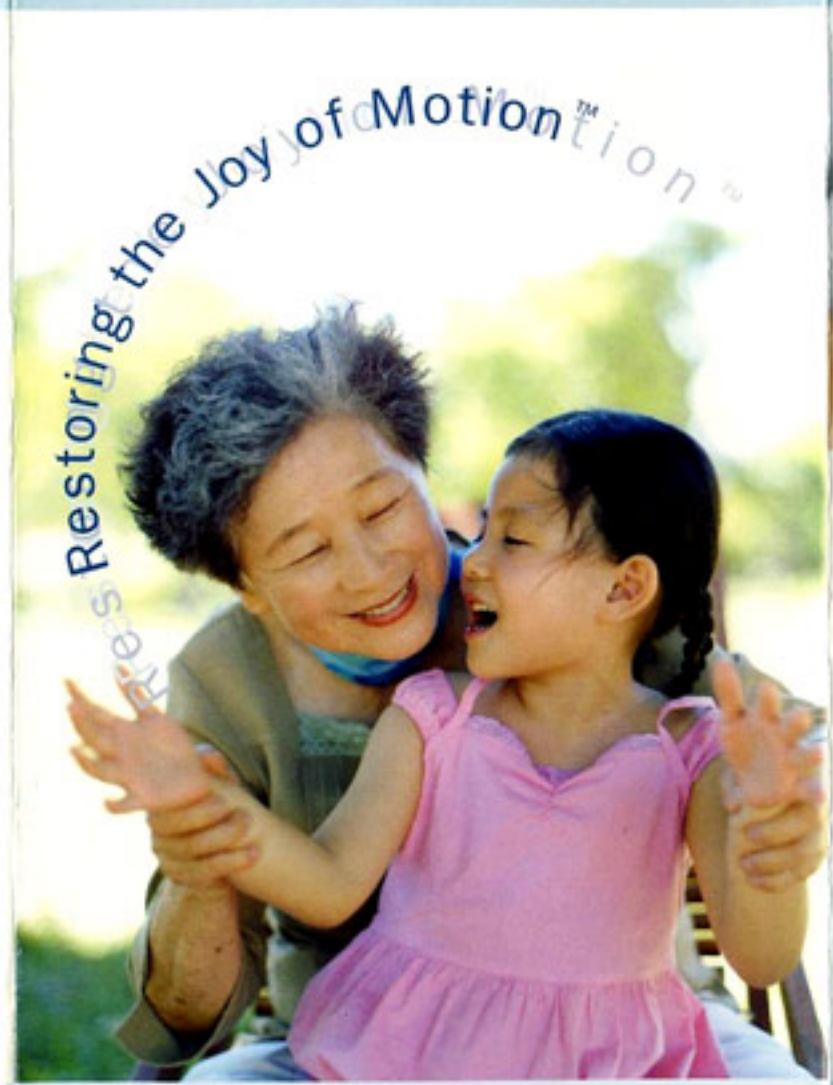
Is it time to talk to your doctor about knee replacement?

If you answer yes to any of the questions below, you should speak with your orthopaedic surgeon about knee replacement surgery.

- Does your knee hurt one or more days per week?
- Does the pain interfere with your sleep?
- Is it painful for you to walk more than a block?
- Are pain medications no longer working?
- Is knee pain limiting your participation in activities?
- Has inactivity from knee pain caused you to gain weight?
- Can you limit activities for a few months to recover from surgery?
- Are you willing to commit to work hard during rehabilitation for a successful recovery?

Discuss your answers with your orthopaedic surgeon to learn more about your treatment options. To find more information, visit www.kneereplacement.com.

Your **KNEES** should **move you forward** not hold you back™



www.kneereplacement.com

Why your knee hurts



If you have osteoarthritis (OA), the pain in your knee is being caused by cartilage wearing out. While you can treat the symptoms of knee OA (such as pain, stiffness and difficulty moving) in a variety of ways from weight loss to medications to injection therapy, there is no cure for OA and your pain and debilitation is likely to get worse over time.¹

You shouldn't delay

Early diagnosis of knee OA with proper treatment is important for the future of your long-term mobility.² If your doctor has recommended that you undergo a total knee replacement, don't delay your surgery.

Delaying surgery can lower your quality of life even more than OA does on its own, both before and for up to two years after surgery!³

Unique knee replacement options

True or False?

Your knee bends and extends like a hinge






False: Your knee is not a hinge that simply moves in one direction.

True: The surfaces of your knee joint roll and glide against each other as you bend it. To put it simply, your knee naturally rotates as it bends.

Rotating Platform knees are designed for patients who want their knee replacement to accommodate normal movement while minimizing implant wear, when compared to traditional knee implants.⁴ Patients followed for several years in a DePuy Orthopaedics multi-surgeon study reported a 97% satisfaction rate with their Rotating Platform knee replacement five years after surgery.⁵ Ask your orthopaedic surgeon if a Rotating Platform knee is right for you.

How much does my knee rotate?

As you bend your knee, it naturally rotates

	Knee Bending ^{1,10} Angle of bending	Knee Rotation ^{3,10} Degrees of rotation
	57°	6°
	60°	8°
	162°	15°
	90° - 100°	11°
	75° - 80°	9°



Your knee does not just bend and extend like a hinge. Your natural knee rotates as it bends; your new knee should too.



Questions & Answers

Are there knee implants designed just for men and women? Do I need one of those?

There is no clinical evidence to support the need for a gender-specific knee implant, nor is there any clinical data on the long-term success of a gender-specific knee. It won't be known for many more years if these implants can last as long as the knee replacements currently available.

More than 60% of all current knee replacements are implanted in women, with a 90% to 95% rate of satisfaction.^{3,11} Your surgeon already has a variety of implant sizes and types available to best meet your specific needs.

Is minimally invasive surgery a good option to consider?

There are some early studies of minimally invasive surgery (MIS) that have shown benefits such as less blood loss, shorter hospital stays and better motion.¹² Other studies, however, have shown more complications, poor implant positioning and no difference in the length of recovery.¹² Because MIS is still relatively new, it won't be known for 10 to 15 years if these new techniques affect the long-term function and durability of the implant.¹² You should discuss with your surgeon whether MIS is an appropriate surgical course of treatment for you.

Will insurance pay for my knee replacement?

You should check with your insurance company for complete information. If you or your spouse is a government pensioner, the public services department (JPA) might be able to offer assistance. Other sources of funding include EPF and welfare departments. It is also not uncommon for patients to pay out-of-pocket. Check with your surgeon for payment options.

What kind of anesthesia will be used during the surgery?

There are two common types of anesthesia used during knee replacement surgery: general anesthesia, where the patient is put to sleep, and regional anesthesia, where the patient is numbed below the waist, typically with an epidural. Which type of anesthesia you will receive depends on your situation as the

patient, as well as your surgeon's and anesthesiologist's recommendations. Speak with your surgeon or anesthesiologist if you have any concerns regarding the anesthesia that will be used during surgery.

What are some of the risks of surgery?

Following are some of the possible complications you may face after surgery. Speak with your doctor to learn more about ways to prevent them.

- Blood clots or deep venous thrombosis (DVT), which occur when the blood in the leg's larger veins form blood clots within them.
- Infection: the most common causes of infection following any surgery are from bacteria that enter the bloodstream during dental procedures, urinary tract infections or skin infections.¹³ At the time of surgery, however, your medical team will take measures to reduce the risk of infection.



The way a knee replacement will perform depends on your age, weight, activity level and other factors. There are potential risks and recovery takes time. If you have conditions that limit rehabilitation, you should not have this surgery. Only an orthopaedic surgeon can tell you if knee replacement is right for you.

Am I going to have much pain after surgery?

Most patients find that the pain after surgery is tolerable, treatable and subsides gradually over a few months. Surgeons and hospital staff have a variety of options to manage pain and keep patients comfortable after surgery, such as numbing injections, IV pain medication, patient-controlled anesthesia, injections, pain pills and anti-inflammatory medications.

What can I expect in the first days after surgery?

Recovery and rehabilitation are important aspects of your knee replacement surgery. You will work with your surgeon and physical therapist to develop a program best suited to your situation. You must take an active and responsible role in the rehabilitation, because regaining range of motion (ROM) and strength are crucial. Strength will come with time, yet ROM needs to be restored soon after surgery before scar tissue strengthens.

How long will I be in the hospital?

The typical hospital stay is two to six days.

What happens once I'm released from the hospital?

Though you will be able to walk with the aid of a walker soon after surgery, you will need help for several weeks with household tasks and shopping. If you live alone, you should make advance arrangements to have someone assist you at home or arrange for a

short stay in an extended care facility during your recovery. You may engage a physical therapist to visit you at home, up to three times a week, until you are able to do the rehabilitation on your own.

Who will care for my family and me after surgery?

This time will no doubt be a challenge, at least in the beginning, for both your family and yourself. It will be very important that you have a support network to assist you in day-to-day activities and encourage you during recovery. Keep in mind, however, that you will not be completely immobile during your recovery; you should be walking with assistance before you leave the hospital.

How quickly will I be able to get back to my activities?

You should be able to resume normal daily activities within three to six weeks after surgery, and resume driving in four to six weeks.

What activities can I resume?

You can participate in many activities following your knee replacement; however you should avoid anything that may put unnecessary weight or stress on your knees, such as excessive running or jumping. Here are some activities that you should be able to resume once you've completed your rehabilitation:¹⁴

- Pray kneeling
- Tai Chi
- Climbing stairs
- Golf
- Yoga
- Doubles Tennis
- Gardening
- Walking
- Driving
- Bike riding
- Swimming
- Dancing



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To learn more about knee replacement, visit www.kneereplacement.com