

Getting Around



With assistance, make home environment safe for moving around. Widen furniture paths and remove trip hazards, such as loose rugs, to help prevent accidents when you return home.



Use cane on **non-surgical** side, moving cane and **surgical** leg together.



Use arms to help yourself rise from a chair or bed.



Step into walker before moving it forward. Lead with **surgical** leg.



Climb stairs one step at a time, leading with your **non-surgical** leg. Go down stairs one step at a time, leading with your **surgical** leg.

Caring For Your New Knee Implant

- Follow the activity guidelines established by your surgeon.
- Continue the prescribed exercises during your entire recovery period, and talk to your doctor about developing an exercise program after you fully recover. Golfing, swimming, walking, bicycling, and doubles tennis are excellent sources of low-impact exercise if your surgeon feels that these activities are appropriate for your individual condition.
- Follow your surgeon's check-up plan.

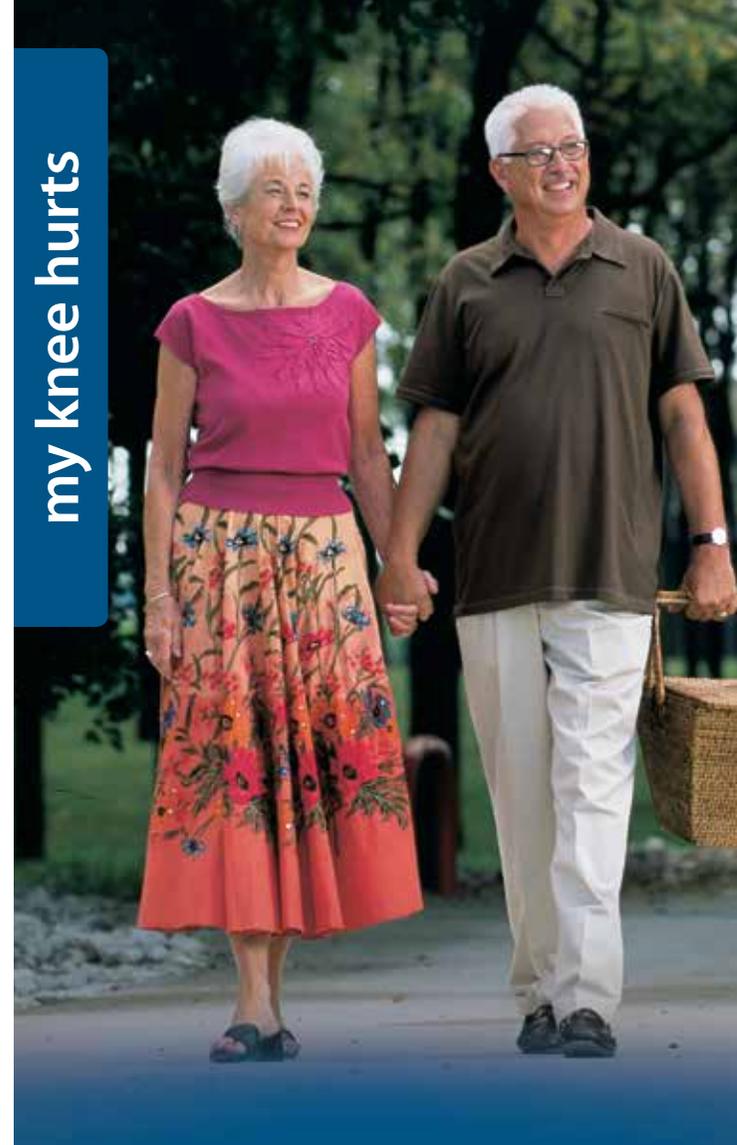
Biomet is a manufacturer of orthopedic implants and does not practice medicine. This brochure was prepared in conjunction with a licensed physician and is presented as general information only. Only an orthopedic surgeon can determine what treatment is appropriate. Individual results of total joint replacement may vary. The life of any implant will depend on your weight, age, activity level, and other factors. There are potential risks to joint replacement surgery including loosening, wear, fracture, or infection, any of which can require additional surgery. For more information on risks, warnings, and possible adverse effects, see the Patient Risk Information section found within Biomet.com. Always ask your doctor if you have any questions regarding your particular condition or treatment options.

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One Surgeon. One Patient.

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my knee hurts



Your guide to life after
Total Knee Replacement Surgery



for more information, visit:
ihavejointpain.com

Your guide to life after Total Knee replacement surgery

To promote a healthy recovery, this brochure will assist you in developing an at-home care plan that meets your individual needs.

While this brochure can be used as a guide, it is important that you follow your surgeon's prescribed recovery program.

Your care is very important to us, and we want you to have a successful and complete recovery.



Incision Care Checklist

- Keep incision clean and dry until staples or sutures are removed.
- Follow your surgeon's instructions on bathing and showering.
- If incision gets wet, pat dry with a soft, clean towel.
- Apply ice to incision as instructed.
- Elevate leg to reduce swelling as instructed.
- Tell your surgeon immediately about any increased swelling, drainage, or changes in incision that worsen during the recovery process.

Medications And Diet

- Take all medications as directed.
- Be aware of the side effects of narcotics (pain medications) during recovery or with activity.
- Report any side effects to your surgeon.
- Consult your surgeon before taking any medications not prescribed by your surgeon.
- Maintain a healthy diet.
- Drink plenty of fluids.

When To Call The Surgeon

- Any time you have questions regarding your condition, care, and activity level.
- Changes with incision, increase in swelling, redness, or drainage that worsen during your recovery.
- Persistent pain not relieved by pain medication.
- Side effects from medication.
- Persistent swelling not relieved with ice or rest.

Exercise

Follow the exercise program chosen for you. The following are **examples** of exercises your surgeon **may** choose for you. Do not attempt exercises not recommended by your surgeon.



Ankle Pumps

Keeping leg straight, point toes away from you. Flex foot toward you.



Extension Stretch

Prop foot of operated leg up on chair. Place towel roll under ankle and ice pack over knee. Put 5–10 lbs. of weight on top of knee (a 5–10 lb. bag of rice works well).



Gluteal Sets

Contract gluteal (posterior) muscles and hold. Do NOT hold breath. Relax muscles.



Straight Leg Raises

Lie on back, non-surgical knee bent and foot flat. Lift opposite leg up 12 inches. Keep knee straight and toes pointed up. Lower leg back to floor.



Knee Extension – Long Arc

Sit with back against chair. Straighten knee. Lower leg back to floor.