

here is your guide to

# Partial Knee Replacement



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# Partial Knee Replacement

The first partial knee replacement procedure was performed over 30 years ago. Since then, hundreds of thousands of people have received partial knee replacements. Partial knee replacement surgery is a fairly routine procedure with over 30,000 being performed every year in the United States alone.



The Oxford®  
Partial Knee

Partial knee replacement surgery can be an extremely successful surgical procedure. The name replacement makes one think that surgeons remove the entire knee. In truth, your surgeon only remove the bone and damaged cartilage found at the ends of the bones in your joints.

## Rapid Recovery Partial Knee Replacement

The traditional approach to knee replacement uses implants to resurface all three compartments of the knee. However, total knee replacement may not be necessary for every patient. The Oxford® Partial Knee from Biomet Orthopedics is a partial knee implant designed to repair only one weight-bearing compartment (the medial compartment), making it much smaller than a total knee implant. The Oxford® Partial Knee is designed to prevent or delay the need for total knee replacement.

Rapid Recovery minimally invasive partial knee replacement is performed through an incision up to half the length of a typical knee replacement incision. Surgeons can perform surgery through such a short incision because they use instruments specifically designed to move around soft tissue.



**Oxford® Knee**

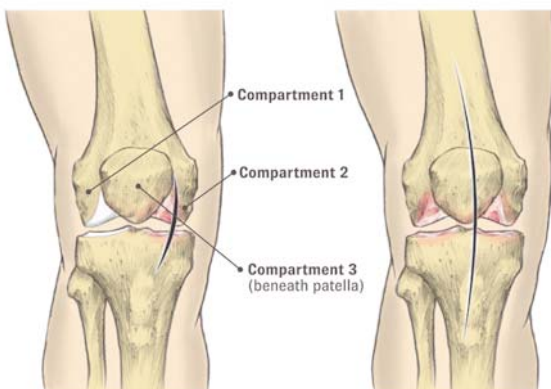


**Total Knee**

The benefits of a partial knee include a less invasive surgery, a smaller incision and a more rapid recovery. The procedure also removes up to 75% less tissue from both the tibia and femur because only the damaged cartilage is removed.\* Since the implant saves more tissue, future total knee replacement procedures can be more easily performed if necessary.

Patients are sometimes required to donate blood before a total knee replacement. With the partial knee technique, blood transfusions are generally not needed. Most patients walk on their surgical knee the same day as surgery and can possibly be discharged within 24 hours of surgery. Some patients may need to use a walker or a cane for the first week.

In addition to a shorter incision, surgeons using the Rapid Recovery Program have implemented a highly organized treatment plan for their



**Rapid Recovery Minimally Invasive Incision**

**Traditional Incision**

patients' physical and mental health. Rapid Recovery patients are educated with a variety of materials. The comprehensive educational materials will help patients understand the surgical procedure and its outcomes.

Rapid Recovery patients begin preoperative strengthening exercises to help them prepare for surgery and their recovery. Patients may be given a comprehensive nutrition plan to help ensure maximum health before surgery.

Rapid Recovery surgeons may also implement a unique pain control program during surgery that is designed to dramatically reduce a patient's postoperative pain. Reducing patients' postoperative pain is critical to helping them begin their postoperative rehabilitation and to helping them make a Rapid Recovery.

## Complications

While uncommon, complications can occur during and after surgery. Some examples of complications include infection, blood clots, implant breakage, misalignment and premature wear, any of which can require additional surgery.

Although implant surgery is extremely successful in most cases, some patients still experience stiffness and pain. No implant will last forever, and factors such as the patient's post-surgical activities and weight can affect longevity. However, the procedure can allow you to return to certain activities more quickly and with much less pain. Be sure to discuss these and other risks with your surgeon.

There are many things that your surgeon may do to minimize the potential for complications. Your surgeon may have you see a medical physician before surgery to obtain tests. You may also need to have your dental work up to date and may be shown how to prepare your home to avoid falls.

## Rapid Recovery

Rapid Recovery after minimally invasive partial knee replacement lasts approximately half as long as traditional total knee replacement.

Every person's recovery time will vary, but most people should be able to drive after two weeks, garden after three to four weeks, and golf about six to eight weeks after surgery. Your surgeon will tell you when you can return to these activities and will also tell you which activities to avoid.

You will typically not be allowed to participate in high-impact activities or contact sports. These types of activities place extreme pressure on the joints, which could lead to complications.

## Summary

We know the decision to have surgery is sometimes difficult. We hope this brochure has helped you understand some of the basics of unicompartmental knee replacement surgery so that you can make the best decision for yourself. This brochure is not intended to replace the experience and counsel of your orthopedic surgeon.

If you have any further questions, please speak with your orthopedic surgeon. If you do not have an orthopaedic surgeon, please refer to the doctor listings provided in this brochure.

\* Data on file at Biomet.