



PROVEN™ Posterior Stabilized Knee System



StelKast's goal is to provide premium orthopedic products that incorporate state-of-the-art features. The Proven™ Knee System is a long-term, quality solution based on a clinically proven design. Available in both posterior stabilized and anatomically correct cruciate retaining configurations, the Proven™ Knee System provides the flexibility needed to address patients' needs. In addition, instrument standardization and ease of identification keeps the user in mind and promotes functional efficiency.

Knee Replacement

*What to expect
before, during
and after surgery*



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Provided by  **StelKast**

StelKast is unique in that our parent company has manufactured implants for most of the major orthopedic vendors for three decades. This facility is well known for its expertise in metallurgical and manufacturing engineering. Hundreds of thousands of orthopedic components have been manufactured to a superior quality standard. StelKast products reflect this same quality and integrity.

In 1992, StelKast was incorporated to design, manufacture and distribute a unique line of orthopedic implants. Today StelKast offers a complete line of primary hip and knee replacement products. These products are based on clinically proven designs that have been shown to exhibit long-term clinical success. StelKast's goal is to provide the industry premium orthopedic implant products with state-of-the-art features at a reasonable cost. While the implants represent standard proven technology, the instrumentation is superb. The instruments are a result of a focused effort to provide user-friendly devices that are functional, durable and easy to use.

We are well aware of the need to provide service at whatever level is required by the customer, physician and hospital staff. StelKast personnel are dependable and well trained to provide on-site assistance. As a vertically integrated company, StelKast is structured to participate in the era of advanced technology and cost containment without compromising quality or patient care.



Addressing Your Concerns

While discussing the option of knee replacement surgery with your doctor and trying to determine if it is the best option for you, there are probably many questions about the procedure and the product that come to mind.

What causes knee pain? Knee pain can be caused by many things, including arthritis, injury and infection.

What is a knee replacement? When your surgeon performs a knee replacement, he/she uses special, precision instruments to remove the damaged surfaces of your femur, tibia and kneecap. Then, the parts of the bone that rub together are resurfaced with metal and plastic implants.

How do I know if knee replacement is right for me? After a thorough evaluation, including a review of your medical history, an exam and x-rays, your orthopedic surgeon will decide if you are a good candidate for knee replacement surgery.

Does medical insurance cover knee replacement surgery? While you should check with your insurance company, knee replacement surgery is usually covered by medical insurance, including Medicare.

How old is the average knee replacement patient? The average patient is 65-70 years of age, however, patients of all ages have received implants. If you are in good health and want to live an active life, then knee replacement is an option to discuss further with your doctor.

What do I need to consider when preparing for knee replacement surgery? Your surgeon will discuss all preparation with you, but most likely you will be advised to donate one or two units of your blood as blood transfusions are common during surgery. Your surgeon may also request that you see an internist or your regular doctor prior to surgery for a thorough physical examination.

How long is the average hospital stay for knee replacement surgery? Patients are usually in the

hospital for less than a week. While the hospital stay is relatively short, there is a fairly rigorous physical therapy schedule to follow once you are discharged before returning to normal activity.

Should I be concerned about the pain associated with knee replacement surgery? There are many pain relief options available today to help keep you comfortable after surgery. Any temporary discomfort that you may feel should be minimal compared to the pain that you may have been suffering from prior to surgery.

What are the risks of knee replacement surgery? Complications, while uncommon, can include, but are not limited to infection, blood clots, excessive bleeding and damage to bones, nerves or blood vessels. Be sure to discuss these risks and any pre-surgery preventative measures with your surgeon.

When will I be able to stand and walk after surgery? After surgery, you will meet with a physical therapist to discuss exercises that you will need to perform. You can expect to be asked to stand about 24 hours after surgery. Most likely, within another 24 hours, you will be taking a few steps with the aid of a walker.

How long will it be before I can drive again? Most patients feel well enough to drive within eight weeks of surgery.

Will knee replacement surgery work for me? Post surgery and physical therapy, patients usually report reduced pain, increased mobility and an improved quality of life.

What activities can I participate in once I have recovered from surgery? Most patients are able

to return to low-impact activities within weeks of surgery but this depends on different factors, including your health and your recovery. Typically, knee replacement patients are advised to refrain from high-impact activities.

When traveling, will my knee replacement set off a metal detector? While it is not likely that your knee replacement will activate a metal detector, if it does, simply notify the security guard and they will pass a hand-held unit over your knee to verify.

How long will my knee replacement last? This varies from patient to patient based on many factors, including your physical condition, weight and activity level. Your surgeon can discuss this with you and will take into consideration your specific circumstances while advising you of the best practices to promote the longevity of your knee replacement.

