

Rehabilitation therapy time may vary according to your surgeon's instructions. During this time you should wear a splint. Your doctor or therapist will show you how to do the exercises. **It is very important to follow their instructions carefully so that you can recover from surgery with good hand function.**

You will learn to care for your hand while it heals. It is important that you:

- keep your hand clean and dry
- keep your hand raised to lessen any pain and swelling
- do not use your hand for daily activities until your doctor approves
- attend all of your appointments after surgery

Remember to call your doctor if :

- you have any questions
- your thumb becomes:
  - red
  - hot
  - swollen
  - painful
  - bent, crooked or twisted
  - you develop a fever
- you experience sudden:
  - onset of pain
  - change in joint function or motion

#### 7. GENERAL WARNINGS AND PRECAUTIONS

- Your thumb needs time to heal so, do not use your hand for daily activities after surgery until you doctor or therapist approves.
- when doing therapy exercises, move your thumb slowly and avoid pain
- make sure you do not twist your thumb
- call your doctor if you see anything unusual

#### 8. ALTERNATIVE PRACTICES AND PROCEDURES

Besides Ascension® CMC Arthroplasty, there may be other treatments for your thumb joint. Your medical condition will determine if any of these treatments are good for you. You should discuss these with your doctor.

Non-surgical treatments include:

- joint injections
- medication (such as aspirin)
- avoiding heavy lifting or use of hand and thumb
- physical therapy exercises and splints

Surgery may be necessary to help your thumb joint. It is used when non-surgical treatments do not work.

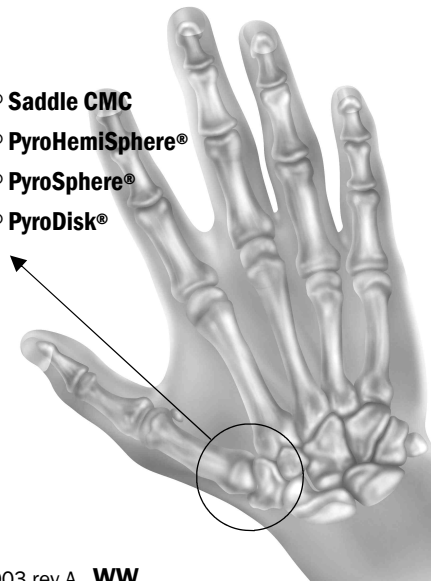
Alternative surgical options are:

- joint fusion surgery
- surgery on your tendons and ligaments

Tendon and ligament surgery may improve thumb motion or bent and crooked thumbs. Joint fusion may reduce pain but you will not be able to move your joint.

Please be sure to discuss your situation and all your options with your doctor.

**Ascension® Saddle CMC**  
**Ascension® PyroHemiSphere®**  
**Ascension® PyroSphere®**  
**Ascension® PyroDisk®**



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Ascension CMC Arthroplasty

## patient information

This brochure summarizes the use, risks, and benefits of Ascension CMC Arthroplasty. If you have any questions after reading this, or any problems after surgery, you should contact your doctor.



## 1. WHAT IS ASCENSION CMC ARTHROPLASTY?



Ascension® CMC Arthroplasty is the reconstruction of the joint at the base of the thumb. As illustrated, an implant is used to replace the joint where your thumb connects to your hand. The following are the four different types of implants used for Ascension® CMC Arthroplasty:



The Ascension® PyroHemiSphere® – a one piece, hemi designed head with a stem



The Ascension® PyroSphere® – a one piece, completely spherical implant



The Ascension® Saddle CMC – a one piece, uniquely designed saddle shaped head with a stem



The Ascension® PyroDisk® – a one piece, doughnut shaped implant (NOT AVAILABLE IN THE US)

Each CMC implant is made of a special form of carbon called “pyrocarbon”. The implant should reduce your pain and help your thumb move.

## 2. WHEN IS ASCENSION CMC ARTHROPLASTY USED?

If you are reading this brochure, your doctor has probably said that Ascension® CMC Arthroplasty is the best treatment for you. Ascension thumb implants are used when your thumb joint is painful, stiff or cannot move because of arthritis or injury.

## 3. WHEN SHOULD ASCENSION CMC ARTHROPLASTY NOT BE USED?

Ascension® CMC Arthroplasty should not be used if you have:

- thin or weak bones or other bone problems
- an infection in the joint
- thumb, hand muscles or tendons that do not work and cannot be repaired
- other hand or wrist implants that block insertion or motion of the Ascension® CMC implant
- problems with cuts healing or other skin problems
- problems with numbness or tingling in your hands or thumbs

## 4. WHAT ARE THE BENEFITS AND RISKS?

There are many potential benefits with Ascension CMC Arthroplasty. It may:

- reduce thumb joint pain
- help your thumb move
- improve how your hand looks

Keep in mind that your medical condition may limit your improvements. Ascension® CMC Arthroplasty should not cause you harm or pain. However, complications can occur and may reduce the success of the surgery. Call your doctor if you experience any of the following problems:

- red
- hot
- swollen
- painful thumb, or
- you develop a fever

Heavy loads on your hand or thumb may cause problems, such as implant loosening, fracture, or wear. If you have any of these problems, call your doctor:

- sudden onset of pain
- sudden change in joint function or motion
- a bent, crooked or twisted thumb

Thumb surgery may also cause some problems. These problems do not usually happen, but it is best to know the risks. Thumb surgery may result in:

- a longer or shorter thumb
- pain when your thumb moves or when it is still
- pain at night or when the weather changes
- thumb joint stiffness
- less or no thumb motion
- a dislocated joint
- a bent, crooked or twisted thumb
- a useless thumb or hand (permanent disability)
- a joint that is fused or a different implant because, due to a variety of factors, the Ascension® CMC Implant cannot be implanted

- more surgery to fix a bent or twisted thumb or dislocated joint
- more surgery to remove the implant or fuse the joint
- bleeding, infection, or numbness (nerve damage)
- damage to blood vessels or tendons or tissue around the joint
- thumb amputation
- death

## 5. EXPECTATIONS OF SURGERY AND THERAPY

Treatment with Ascension® CMC Arthroplasty involves surgery and then specialized rehabilitation therapy (splints and exercises).

### Before surgery you and your doctor should discuss:

- alternative treatment options
- treatment goals
- thumb joint surgery
- length of surgery
- rehabilitation therapy
- problems to look for
- any questions you have

Surgery will last a few hours when the surgeon implants one of the Ascension® CMC implants in your thumb joint.

## 6. AFTER SURGERY

Some soreness after surgery is normal but it should go away slowly. You should not try to move your operated joint for several days while it heals, according to the instructions from your surgeon.

After your surgery you will probably have:

- a bandage or a cast
- a thumb splint
- rehabilitation exercises