

## Recommendations and Precautions

### Postoperative / Surgery Protocol

Many doctors prescribe medical grade compression socks or stockings for any active vein disorder of the leg, or as a preventive measure in cases when risk factors are present. They are also prescribed after surgery for patients who are not confined to bed.

#### What are compression socks

They provide graded pressure that is greatest at the ankle region and decreases gradually up the length of the stocking.

#### Why do I need them

- To prevent edema (swelling in the lower leg)
- To reduce the danger of thrombosis (blood clots)
- To prevent secondary complications

#### Contraindications

Arterial insufficiency, intermittent claudication, ischemia, Active Skin Infections,

Uncontrolled congestive heart failure, Diabetic (with impaired sensations of the limbs

Acute dermatitis, weeping dermatosis, cutaneous sepsis, Allergies to Latex

#### When should I wear them

Put the compression stockings on in the morning and take them off before bed time.

Wear compression socks for as long as there is swelling in your leg. General 4-6 weeks to start. Should swelling return once you stop wearing the socks, put them back on for another two weeks.

Hand wash daily and lay flat to dry.

Do not leave socks on overnight unless recommended by your doctor.

Consult family physician or surgeon if tingling, numbness, acute pain or chronic pain occurs.

Discontinue use if there is any sign of rash or skin abrasion caused by sock.

#### What to expect after surgery

Generally you will put on the socks 1 to 2 days after surgery (or when advised by your doctor to remove elastic bandages). Until then, it is recommended that keep your leg elevated 90% of the time until the socks go on.

You will wear them for 4-6 for weeks. Putting them on when you get up in the morning and taking them off at night before going to bed.

Is there someone to help you put them on? Depending on your surgery, you will need help applying the socks in the morning and to take them off at night.

Generally the stockings are for home use. Unless you have a long drive (greater than 30 mins) we recommend that you leave the socks at home. At the hospital, you will spend 90% of the time with your legs up while at home your legs are usually down. This is when swelling generally tends to accumulate in the lower leg, increasing your chances of secondary complications which may include thrombosis. If you do bring the stockings to the hospital, have someone available to help put socks on and take them off at the hospital, as the nurses are not responsible for applying socks.

We recommend that you follow the steps of applying the socks as demonstrated at the store.

#### Knee High Stocking Prices

Starting at \$65.00 to \$98.00

### "Heel Pocket Out" Method

1. Reach inside the stocking to **pinch the heel.**



2. While holding onto the heel, **turn the fabric of the stocking inside out.**



3. Open the stocking and **slide your foot in** until your toe and heel are in the foot.



4. Once the heel is in place, grasp the fabric below the band and **pull it up over your heel and ankle.**



5. Work the stocking up the length of your leg, **smoothing out the wrinkles** as you go.



### Return Policy/Warranty

Compression socks have a 30-day manufacturer's defect warranty.

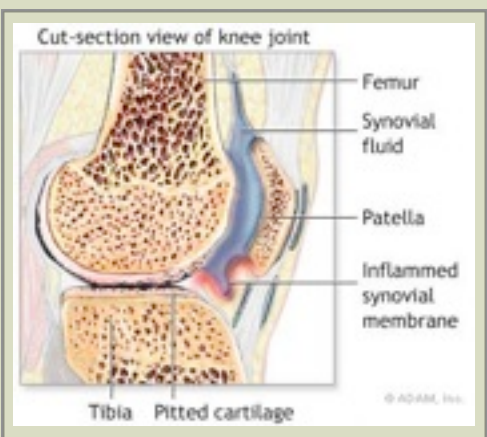
Due to hygienic reasons, these socks cannot be refunded

#### Sources

"Leg Vein Problem" BSN-JOBST, Inc. 2006

"When Your Legs Ache" Ganzoni & Cie AG St. Gallen Switzerland

"A Medical Guide Compression at a Glance" Ganzoni & Cie AG St. Gallen Switzerland



## KNEE OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis. There are many treatment options available. Today, doctors recognize that osteoarthritis pain is caused by inflammation and wear and tear of the joint. Osteoarthritis (OA) of the knee is a result of the degeneration or breakdown of the articular cartilage tissue that covers and protects the bones in the joint. The space between the two bones in the knee, where cartilage used to exist, has narrowed and the bones may be rubbing together. This is often referred to as “bone on bone.”

The degeneration of osteoarthritis is often part of the normal aging process, or it can start early in adulthood if you injure your knee. The constant weight on your knees causes damaged cartilage to deteriorate rapidly, especially if you perform load-bearing work or activities. In many cases, obesity or extra weight on the knees can accelerate this degenerative process. One in five adults over the age of 45 has osteoarthritis of the knee, and most people have it by the time they retire. (Ossur/GII Canada)

## VISCOSUPPLEMENTATION

Doctors have found that the synovial fluid in patients with OA is weakened. This discovery has led to a whole new approach in the treatment of OA - a method that doesn't require surgery. It's called Viscosupplementation. For over a decade Viscosupplementation (Sodium Hyaluronate) has been used safely around the world as a safe and drug-free treatment for Osteoarthritis.

Viscosupplementation is injected into the knee or hip replacing the lubricating and shock-absorbing properties of synovial fluid. This treatment is aimed at decreasing pain, improving

mobility and function and aiding in the return to normal activities. 3-6 months of improvement is considered to be a good result.

## PROCEDURE

The injections can be done by your family doctor or your referring orthopedic specialist. Contact your doctor's office to schedule your injections.

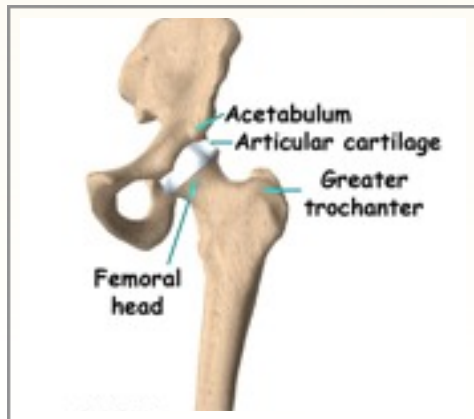
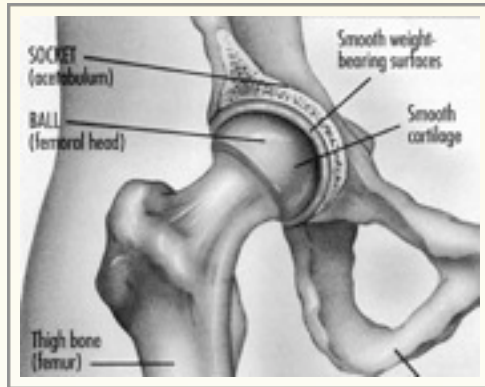
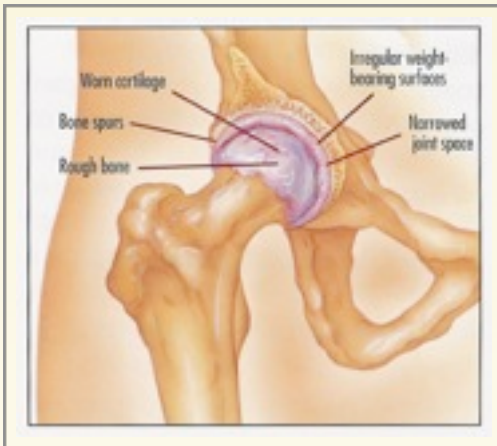
## SINGLE INJECTION

Products such as Durolane, and Monovisc are single injection treatments. OrthoVisc (3 injections, one injection per week for three weeks) Viscosupplementation injections can be purchased at OrthoHealth. We recommend that you purchase the injection a few days before the date of your procedure.

## SIDE EFFECTS

Minor pain, swelling, and/or joint stiffness localized in the joint. These reactions are quite common with all joint injections and is not statistically different from an injection with a saline placebo.

PRICES		
DUROLANE	3ML SINGLE INJECTION	\$395.00
MONOVISC	4ML SINGLE INJECTION	\$375.00
ORTHOVISC	2ML 3 INJECTIONS	\$245.00



## HIP OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis, and the most easily managed. Today, doctors recognize that osteoarthritis pain is caused by inflammation and wear and tear of the joint. Osteoarthritis (OA) of the hip is a result of the degeneration or breakdown of the articular cartilage tissue that covers and protects the bones in the joint. The space between the two bones in the hip, where cartilage used to exist, has narrowed and the bones may be rubbing together. This is often referred to as “bone on bone.”

The degeneration of osteoarthritis is often part of the normal aging process, or it can start early in adulthood if you injure your hip. The constant weight on your hip causes damaged cartilage to deteriorate rapidly, especially if you perform load-bearing work or activities. In many cases, obesity or extra weight on the hip joint can accelerate this degenerative process. One in five adults over the age of 45 has osteoarthritis of the hip, and most people have it by the time they retire. (Ossur/GII Canada)

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## PROCEDURE

Can be done by your family doctor or your referring orthopedic specialist. Contact your doctors office to schedule your injections.

## SINGLE INJECTION

Durolane is the Viscosupplementation injections most commonly requested for Hip injections OrthoHealth. We recommend that you purchase the injection a few days before the date of your procedure.

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