VISCO-3™ Sodium Hyaluronate

Injection Technique

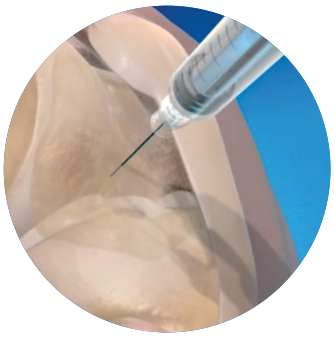

Figure 1

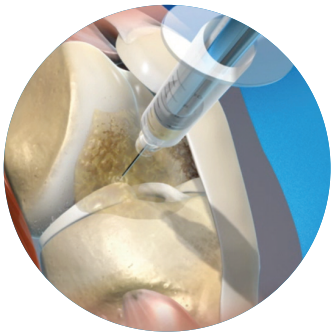

Figure 2

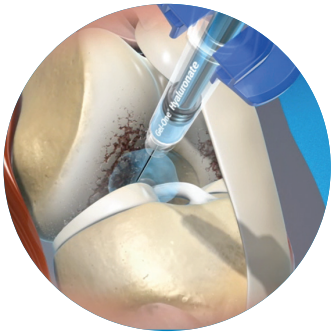

Figure 3

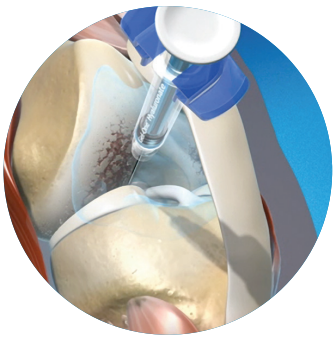

Figure 4

Strict aseptic administration technique must be followed. Apply antiseptic to the skin and, if desired, local subcutaneous anesthetic such as lidocaine may be injected prior to injection with VISCO-3 Sodium Hyaluronate. Do not use disinfectants containing quaternary ammonium salts for skin preparation.

The knee joint may be accessed through the soft palpable anterolateral port, located just lateral to the inferior pole of the patella and the proximal portion of the patella tendon **(Figure 1)** or other approach per physician preference.

If present, remove joint effusion before injecting VISCO-3 Sodium Hyaluronate **(Figure 2)**.

Peel off the lid from the VISCO-3 Sodium Hyaluronate blister package and remove the syringe.

Carefully remove the tip cap of the VISCO-3 Sodium Hyaluronate syringe. Aseptically attach the VISCO-3 Sodium Hyaluronate syringe to a sterile 22-23 gauge needle.

Inject the full 2.5 mL of VISCO-3 Sodium Hyaluronate into the knee joint using aseptic injection technique **(Figures 3-4)**. If administering treatment to both knees, use a separate syringe of VISCO-3 Sodium Hyaluronate for each knee.

Administer the subsequent two intra-articular injections one week apart, for a total of three injections 1 week apart for 3 weeks.

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Indications for use

VISCO-3 Sodium Hyaluronate is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Important Safety Information:

Before using VISCO-3 Sodium Hyaluronate, ask your patients if they are allergic to hyaluronan products, or products from birds such as feathers, eggs, and poultry. Do not administer to patients with known hypersensitivity to sodium hyaluronate preparations. Use caution when injecting VISCO-3 Sodium Hyaluronate into patients who are allergic to avian proteins, feathers and egg products. VISCO-3 Sodium Hyaluronate is only for injection into the knee, performed by a doctor or other qualified health care professional. VISCO-3 Sodium Hyaluronate injection should not be used in the presence of a skin disease or infection around the area where the injection will be given. VISCO-3 Sodium Hyaluronate has not been tested to show pain relief in joints other than the knee and for conditions other than OA. VISCO-3 Sodium Hyaluronate has not been tested in patients who are pregnant, mothers who are nursing, or anyone under the age of 21. Strenuous or pro-longed weight-bearing activities after treatment are not recommended. The effectiveness of repeat treatment cycles of VISCO-3 Sodium Hyaluronate has not been established. The side effects most commonly seen after injection of VISCO-3 Sodium Hyaluronate in the clinical trial were knee pain, swelling, and/or fluid build-up around the knee. These reactions are generally mild and do not last long. Other conditions, including but not limited to skin redness and rash, knee stiffness were also reported. For complete instructions for use, see the package insert and visit www.zimmerbiomet.com.

For product information, including indications, contraindications, warnings, precautions, potential adverse effects and patient counseling information, see the package insert and www.zimmerbiomet.com.

Zimmer Biomet does not practice medicine. This technique was developed in conjunction with a health care professional. This document is intended for surgeons and is not intended for laypersons. Each surgeon should exercise his or her own independent judgment in the diagnosis and treatment of an individual patient, and this information does not purport to replace the comprehensive training surgeons have received. As with all surgical procedures, the technique used in each case will depend on the surgeon's medical judgment as the best treatment for each patient. Results will vary based on health, weight, activity and other variables. Not all patients are candidates for this product and/or procedure. Caution: Federal (USA) law restricts this device to sale by or on the order of a surgeon. Rx only.

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