TIME TO RECOVER

What to expect after receiving CARTIVA® Synthetic Cartilage Implant (SCI) for big toe arthritis
TREATING BIG TOE ARTHRITIS WITH CARTIVA® SCI

This guide walks you through a typical recovery timeline, so you know what to expect—and when—after receiving CARTIVA® SCI. The goal is to help you get back on your feet and help you achieve a full recovery over time.

If you have additional questions or concerns after surgery, be sure to call your doctor.

WHEN TO CALL YOUR DOCTOR

As with any surgery, there are risks. Ask your doctor to describe how you may feel. Some pain and discomfort is normal. The issues you had before surgery may not lessen right away. Talk to your doctor about when to call with questions.

Call your doctor IMMEDIATELY if you experience any of the following with CARTIVA® SCI:

- Too much pain
- Are sick to your stomach and vomit
- Have a fever, redness or rash
- Itching, tenderness or swelling of the foot

Visit CARTIVA.net and download the patient brochure for additional Important Safety Information.
THE ROAD TO RECOVERY

WEEK 1

Your surgery for big toe arthritis is complete, and you have received CARTIVA® SCI. Here are some of the things you can expect during your first week after surgery:

DAY 1
- Your foot will be compression wrapped to protect the incision and to allow the joint to start healing.2
- You will be instructed to wear a postoperative shoe, and you can put weight on your toe as soon as you feel ready. You don’t have to wear the shoe while sleeping.2

DAYS 2-7
- You will likely experience some pain and discomfort during this time, which is normal.
- You should keep your foot elevated “toes above nose” when sitting.2
- Keep your foot dry while bathing to prevent the wound from getting wet.
- Continue to wear the compression wrapping and walk in the postoperative shoe provided by your doctor.2

NOTE: Surgery involves sedation or anesthesia, which impairs your reflexes and affects your ability to drive immediately.3 Only your doctor can advise you about when you can safely drive.

Once you are home, it’s important to minimize your risk of tripping and falling. Be sure to keep floors clear and organized, remove loose wires and cords, and secure rugs to the floor.4

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REMINDER: IT IS IMPORTANT TO FOLLOW YOUR DOCTOR’S INSTRUCTIONS CAREFULLY AFTER SURGERY, AND TO FOLLOW UP WITH YOUR DOCTOR TO CHECK ON YOUR PROGRESS.

REMINDER: MINIMAL ACTIVITY FOR THE FIRST 2 WEEKS AFTER SURGERY TO ALLOW THE WOUND TO HEAL.

You may also experience:
- Swelling of the foot
- Blood or fluid leakage from the incisions
- Bruising and discoloration of the skin

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THE ROAD TO RECOVERY
WEEKS 2-3

DAYS 8–21

• Your sutures will be removed around 14 to 21 days after surgery.
• Some pain and discomfort are still normal, and your foot may still be swollen.
• If you feel comfortable, you can move from the postoperative shoe into a shoe with a lot of room in the toes (i.e., sandals or lace-up shoes) to allow for potential swelling.

At this stage, you should begin big toe motion exercises at home.

If recommended by your doctor, you may also begin formal physical therapy with a physical therapist to help you walk smoothly and without limping during your recovery.

NOTE: For the first 3 months after surgery, you should avoid fast walking, running, jumping or hopping, or toe impact activities (i.e., soccer).

BIG TOE MOTION EXERCISES

Heel raises
Stand and place your big toe flat on the floor. Gently raise your heel off the ground until you feel pressure at the joint. Gradually raise your heel higher while maintaining comfort. Lower your heel to the ground. Repeat this heel rise motion 10 times. Perform this exercise several times a day, based on your comfort level.

Toe pulls
Gently grasp the top of your big toe and pull it toward you until you feel light stress. Hold for 10 to 20 seconds then relax. Repeat 5 times. Perform this exercise several times a day, based on your comfort level.

SUBSTANTIALLY LESS PAIN WAS EXPERIENCED AS SOON AS 2 WEEKS AFTER SURGERY.
THE ROAD TO RECOVERY

WEEKS 4-12

During this time, you can still expect some swelling. Your doctor will assess your symptoms and movement. Although you may be feeling better, it’s important to remember that you are not completely healed.

BIG TOE MOTION EXERCISES

You should continue big toe motion exercises, as well as physical therapy if recommended, and gentle walking.

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REMINDER: IT TAKES TIME FOR THE BIG TOE TO HEAL AFTER SURGERY, AND CAN TAKE 6–12 MONTHS FOR A FULL RECOVERY.

MONTHS 3-12

Be sure to follow up with your doctor so he or she can assess your long-term recovery progress. Here is some guidance on how to gradually return to activities during that time:

MONTHS 3-6

- Expect some swelling, but most should have resolved
- Outpatient visits as required for your doctor to assess pain, swelling, and movement
- Shoe wear should be adjusted to accommodate for any lingering swelling
- Continue big toe motion exercises and slowly return to normal activities

MONTHS 6-12

- Continue to see gradual improvement in your movement and pain reduction
- Continue to wear accommodating shoes—do not perform activities barefoot

REMINDER: SWELLING OR PAIN IS A SIGN OF DOING “TOO MUCH” AND THAT YOU NEED TO TAKE IT EASY AND ALLOW MORE TIME TO HEAL.

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THE FUTURE

Now that you have CARTIVA® SCI to help reduce pain from big toe arthritis and maintain current big toe motion, you could also see improved long-term mobility. This may allow you to get back to the activities that you love or discover something new. It is important to talk to your doctor before getting started.

After following a carefully managed recovery process, below are examples of activities reported from patients like you who received CARTIVA® SCI:

- Aerobics
- Badminton
- Biking
- Dancing
- Gardening and yard work
- Exercising
- Golfing
- Hiking
- Hockey
- Ice skating
- Horse riding
- Rollerblading
- Running
- Sailing
- Skiing
- Soccer
- Swimming
- Tennis
- Volleyball
- Yoga

REMINDER: IF YOU HAVEN’T TRIED ANY OF THESE ACTIVITIES IN THE PAST AND WOULD LIKE TO, CONSULT YOUR DOCTOR BEFORE YOU BEGIN.

CARTIVA® is not right for everyone and only your doctor can determine whether CARTIVA® is right for you. Speak to your doctor to see if CARTIVA® is right for you. Individual results and activity levels after surgery vary and depend on many factors including age, weight and prior activity level and your results and activity levels may not be the same as those referenced in this brochure. There are risks and recovery times associated with any surgery and there are certain individuals who should not undergo surgery. Only your doctor can tell you if CARTIVA® and the associated procedure are right for you and your unique circumstances. Please consult with your doctor for complete information regarding benefits, risks, anticipated implant duration and possible outcomes.
1. Glazebrook M, Blundell CM, O'Dowd D, et al. midterm Outcomes of a Synthetic Cartilage Implant for the First Metatarsophalangeal Joint in Advanced Hallux Rigidus. Foot Ankle Int. 2019;40(4):374-383. Foot Mobility Measured Using Patient Reported Outcomes from the Foot and Ankle Ability Measure (FAAM) Sports score. Results for participants varied and your results may vary as well. Speak to your doctor to see if Cartiva is right for you.


5. Baumhauer JF, Singh D, Glazebrook M, et al. Prospective, Randomized, Multi-centered Clinical Trial Assessing Safety and Efficacy of a Synthetic Cartilage Implant Versus First Metatarsophalangeal Arthrodesis in Advanced Hallux Rigidus. Foot Ankle Int. 2016;37(5):457-469. In the CARTIVA clinical trial, a substantial and clinically meaningful reduction in pain using the Visual Analog Scale (VAS) median pain scores was reported by CARTIVA patients (n=130) at the 2 week follow-up visit. A substantial and clinically meaningful improvement in median Foot and Ankle Ability Measure (FAAM) sports score was reported by CARTIVA patients (n=127) at the 3 month follow-up visit. Results for participants varied and your results may vary as well. Speak to your doctor to see if Cartiva is right for you.