

### What other treatments are available?

If you have osteoarthritis, there are several things that you can do that do not involve VISCO-3 Sodium Hyaluronate injections.

These include:

- Avoiding activities that cause excessive pain in your joints
- Exercise and weight loss
- Physical therapy
- Painkillers such as acetaminophen and narcotics
- Drugs that reduce inflammation, such as aspirin, and other nonsteroidal anti-inflammatory agents (NSAIDs) such as ibuprofen and naproxen
- Corticosteroids that are injected directly into the joint

### What is causing my knee pain?

If your knees ache, they have lots of company. Over 46 million Americans suffer from osteoarthritis. Osteoarthritis of the knee is the most common type of osteoarthritis, and the way it affects the knee is painfully simple.

Three bones meet up at the knee joint: the end of the thigh bone (femur), the top of the shin bone (tibia), and the knee cap (patella). Those bones are cushioned by synovial fluid and cartilage.

Osteoarthritis causes the lubricating properties of the synovial fluid in the knee joint to diminish, resulting in less protection and cushioning. In addition, osteoarthritis results in damage to the cartilage resulting in pain. You may feel pain climbing stairs, working in the garden, walking, or just bending your knees to sit. It may even keep you up at night.

Together, you and your doctor can determine the best treatment options for you. The good news is that osteoarthritis knee pain can be treated.



The Healthy Knee



Osteoarthritic Knee with VISCO-3 Treatment



ZIMMER BIOMET

Your progress. Our promise.®

**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.

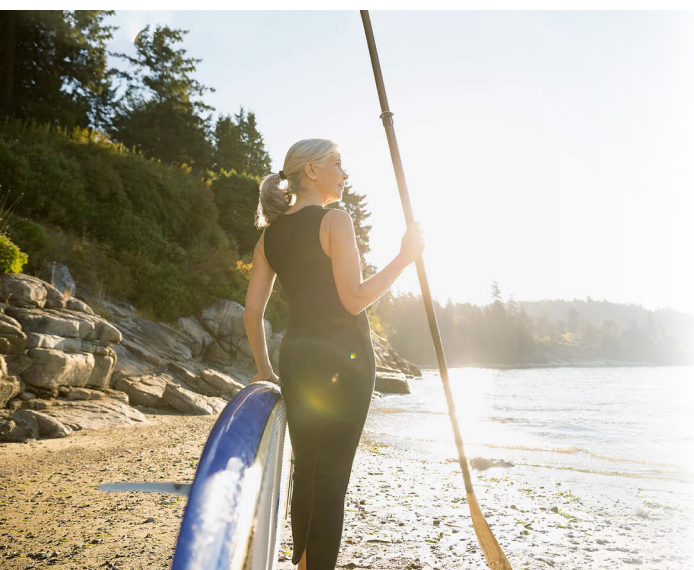
**IMPORTANT SAFETY INFORMATION:** Before using VISCO-3 Sodium Hyaluronate, tell your doctor if you are allergic to hyaluronan products, or products from birds such as feathers, eggs, and poultry. VISCO-3 Sodium Hyaluronate is only for injection into the knee, performed by a doctor or other qualified health care professional. You should not receive VISCO-3 Sodium Hyaluronate injection if you have 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. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous or pro-longed weight-bearing activities after treatment. 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. If any of these symptoms or signs appear after you are given VISCO-3 Sodium Hyaluronate or if you have any other problems, you should call your doctor. Ask your surgeon if you are a candidate and discuss potential risks. For additional information, call 1-800-348-2759, or visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com). This material is intended for US [patients / patients and US Health Care Professionals].

VISCO-3™ is a trademark of Seikagaku Corporation.

All content herein is protected by copyright, trademarks and other intellectual property rights, as applicable, owned by or licensed to Zimmer Biomet or its affiliates unless otherwise indicated, and must not be redistributed, duplicated or disclosed, in whole or in part, without the express written consent of Zimmer Biomet.

The persons depicted here are paid actors. Results are not necessarily typical, indicative, or representative of all recipient patients. Not all patients are candidates for this product.

VISCO-3™  
Sodium Hyaluronate



ZIMMER BIOMET

Your progress. Our promise.®

## VISCO-3 Sodium Hyaluronate

VISCO-3™ Sodium Hyaluronate is a solution made of highly purified, sodium hyaluronate (hyaluronan). Hyaluronan is a natural chemical found in the body and is found in particularly high amounts in joint tissues and in the fluid (synovial fluid) that fills the joints. The body's own hyaluronan acts like a lubricant and shock absorber in synovial fluid of a healthy joint.



### Is VISCO-3 Sodium Hyaluronate right for me?

VISCO-3 Sodium Hyaluronate is used to relieve knee pain due to osteoarthritis. Osteoarthritis is a disease that typically worsens over time, so it is common for treatment to involve more than one approach and to change over time. VISCO-3 Sodium Hyaluronate is used for patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, such as acetaminophen.

### What do I need to do after I receive a VISCO-3 Sodium Hyaluronate Treatment?

You should be able to resume most of your normal daily activities almost immediately after you receive the injection. However, it is recommended that you avoid any strenuous activities or prolonged (more than one hour) weight-bearing activities such as jogging or tennis within the first 48 hours that follow the injection.

### Clinical study

The safety and effectiveness of VISCO-3 Sodium Hyaluronate were studied in a clinical trial conducted in the United States. In the study, 209 patients received injections of VISCO-3 Sodium Hyaluronate and 211 patients received another commercially available sodium hyaluronate once a week for three weeks. Pain scores were measured over the course of 12 weeks. Patients treated with VISCO-3 Sodium Hyaluronate had a 52.5% reduction in their pain after 12 weeks, which was similar to the treatment effect of the other commercially available product.

### What are possible side effects of VISCO-3?

The most common side effects reported for VISCO-3 Sodium Hyaluronate in the clinical trial were joint pain, back pain and headache. Other reported side effects included joint swelling, joint instability, joint stiffness and injection site pain. If any of these symptoms or signs appear after you are given VISCO-3 Sodium Hyaluronate or if you have any other problems, you should call your doctor.

### How do I get more information about VISCO-3 Sodium Hyaluronate?

To learn more about VISCO-3 Sodium Hyaluronate and to see if it's the pain relief option that's right for you, talk to your doctor, visit: [zimmerbiomet.com](http://zimmerbiomet.com) or call **1-800-348-2759**.

