

What to ask your doctor before knee surgery

Why consider The Personalized Knee® system?

A knee as unique as you are.

With a wide range of size and shape options to match your natural anatomy, the Persona® Knee implant provides an optimal fit, more natural movement, and a knee that feels more like yours.



A smart surgical plan.

The ROSA® Robotic System helps your surgeon map out a surgical plan that's right for you – one with less pain and faster recovery compared to non-robotic surgical methods.

Personalized support.

Knee replacement doesn't come with a manual. But yours can come with the mymobility® app, a step-by-step guide that helps you stay on track with your recovery plan.

Zimmer Biomet does not practice medicine. Consult a doctor about whether joint replacement is right for you, and the potential benefits and risks, including infection, implant wear, loosening, breakage or failure, any of which could require additional surgery. Individual results vary based on health, weight and activity level. Patients must have internet access and a text-capable device or compatible smartphone to use mymobility, and the program is only available through your surgeon. For more information, visit thepersonalizedknee.com.



Choosing knee replacement surgery is a big decision. Knowing your options and understanding the approach your orthopedic surgeon recommends for your procedure are among the first steps to a successful outcome.

Here are some helpful questions to start the conversation.

ABOUT TIMING

Is it time for a total knee replacement?

What happens if I wait?

ABOUT YOUR SURGEON

How many total knee replacements do you do in a year?

Are you fellowship-trained and board-certified?

Do you operate at a hospital or surgery center?

ABOUT SURGERY

How do I best prepare for total knee replacement?

What will happen during surgery?

Will you use robots or technology during the procedure?

What are the risks or complications?

Am I a good candidate for The Personalized Knee system?

ABOUT RECOVERY

Will I have pain afterward?
How will I manage it?

What is the schedule of follow-up appointments?

When can I walk, drive or climb stairs after a knee replacement?

What does rehab look like?

How long do knee replacements last?



Your surgeon will ask you a lot of questions too.

- Be prepared to talk about your medical history.
- Make a list of all medications you are taking.
- Discuss your activity level (sports, hobbies) and post-surgery expectations.

Learn more at:
thepersonalizedknee.com