Integra®
MCP Joint Replacement

PATIENT INFORMATION
**Integra® MCP Patient Information**

This brochure summarizes information about the use, risks, and benefits of the Integra® MCP finger implant. Be sure to discuss your situation and all of your options with your physician.

**Anatomy of the Hand**

The hand is composed of many different bones, muscles and ligaments that allow for a large amount of movement and dexterity. Each finger has three phalanges—distal, middle, and proximal, and joints where they meet. Your MCP (metacarpophalangeal) joints are more commonly referred to as your knuckles. These joints are formed by the connection of your phalanges (finger bones) to your metacarpals. These joints are important for pinch and grip functions.

- Distal Interphalangeal Joint (DIP)
- Proximal Interphalangeal Joint (PIP)
- Metacarpophalangeal Joint (MCP)
- Carpometacarpal Joint (CMC)

**What is arthritis?**

Arthritis is the breakdown of the bone and/or soft tissues surrounding joint spaces. Determining the cause of arthritis can be difficult. Several factors may contribute to the development of this common problem—including a previous injury or wear and tear on the joint. Someone with arthritis may be suffering with pain, swelling, or loss of function and deformity which can affect their everyday activities.
What is the Integra® MCP?

The Integra® MCP is a two-piece joint implant. Each piece is made of a special form of carbon called “Pyrocarbon.” It is used to replace the knuckle joint where your finger connects to your hand. It should reduce your pain and help your finger move.

When is the Integra® MCP Used?

If you are reading this brochure, your doctor has probably said the Integra® MCP implant is the best treatment for you. The Integra® MCP is used when your knuckle joint is painful, stiff, or cannot move because of arthritis or injury.

Besides the Integra® MCP, there may be other treatments for your finger joint. Be sure to discuss all your options with your surgeon.

When should the Integra® MCP not be used?

The Integra® MCP should not be used if you have:

• thin or weak bones or other bone problems
• an infection in the joint
• finger or hand muscles or tendons that do not work and cannot be repaired
• other hand or wrist implants that block insertion or motion of the Integra® MCP
• problems with cuts healing or other skin problems
• problems with numbness or tingling in your hands or fingers
What are the risks and benefits?

There are many potential benefits with the Integra® MCP.

It may:

• reduce finger joint pain, help your finger move, improve how your hand looks

Keep in mind that your medical condition may limit your improvements. Heavy loads on your hand or fingers may cause problems, such as implant loosening, fracture or wear. The Integra MCP should not cause you any harm or pain, but complications can occur and may reduce the success of the surgery.

There are risks that go with any type of medical procedure and surgery is no exception. Risks of surgery may include bleeding, infection, a reaction to anesthesia, loss of function, as well as the possibility that repeated or additional surgeries may become necessary.

Finger surgery may result in:

• a longer or shorter finger; pain when your finger moves or when it is still; pain at night or when the weather changes; finger joint stiffness; less or no finger motion; a dislocated joint; a bent, crooked or twisted finger; a useless finger or hand (permanent disability); a joint that is fused or a different implant because, due to a variety of factors, the Integra® MCP cannot be implanted

• additional surgery to fix a bent or twisted finger or dislocated joint; more surgery to remove the implant or fuse the joint; bleeding, infection, or numbness (nerve damage); damage to blood vessels or tendons or tissue around the joint; finger amputation; death

After surgery, you should see your doctor if your finger becomes:

• red, hot, swollen, painful, or you develop a fever

Or you develop any of the following problems:

• sudden onset of pain; sudden change in joint function or motion; a bent, crooked or twisted finger.
Types of arthritis:

- **Rheumatoid Arthritis (RA)**: a systemic disease that can affect any or all joint cartilage and surrounding soft tissues
- **Osteoarthritis (OA)**: is a wearing away of the cartilage between the joints
- **Post-traumatic Arthritis**: develops after injury to a joint

**Treating MCP Arthritis**

There is no single medication or treatment which alleviates arthritis for everyone. There are treatment options which help improve your daily life by managing pain, controlling arthritis symptoms, and reducing joint damage or deformity. Treatment options available to patients may include one or a combination of exercise, splinting and/or medication. If conservative treatments do not work for you, surgery could be an option.

**Surgical Treatment options for MCP arthritis:**

- **Synovectomy**: Removal of the tissues lining the joints to reduce swelling and pain and slow down the destruction of finger joints. The tissues can grow back after several years, and additional surgeries may be required.
- **Arthrodesis (fusion)**: Designed to eliminate pain by allowing the bones that make up the joint to grow together, or fuse, into one solid bone. After fusing the bones, there is an elimination of movement in the joint, but this can eliminate the pain.
- **Arthroplasty (joint replacement)**: A removal of damaged bone, which is then replaced by an artificial joint to facilitate the restoration of motion, function and strength.
Expectations of Surgery and Therapy

Treatment with the Integra® MCP involves surgery and then specialized rehabilitation therapy (splints and exercises). Before surgery your doctor should talk with you about your specific medical needs.

You and your doctor should discuss:

- alternative treatment options
- treatment goals
- finger joint surgery
- rehabilitation therapy
- problems to look for
- any questions you have

Surgery will last a few hours when the surgeon implants the Integra® MCP in your finger joint. Some soreness after surgery is normal.

After your surgery you will probably have:

- a bandage or a cast
- a static splint for rest or night
- a dynamic splint for day
- rehabilitation exercises

Rehabilitation therapy may last up to 12 weeks (3 months) after surgery. You should wear the static and dynamic splints during this time. Your doctor or therapist will show you how to do the exercises. It is very important to follow their instructions carefully so you can recover from surgery with good hand function.

The material contained in this brochure does not replace the relationship you have with your physician and is for education purposes only. As the manufacturer of this device, Integra does not practice medicine and does not recommend this or any other surgical technique for use on a specific patient. Be sure to discuss your situation and all your options with your physician.