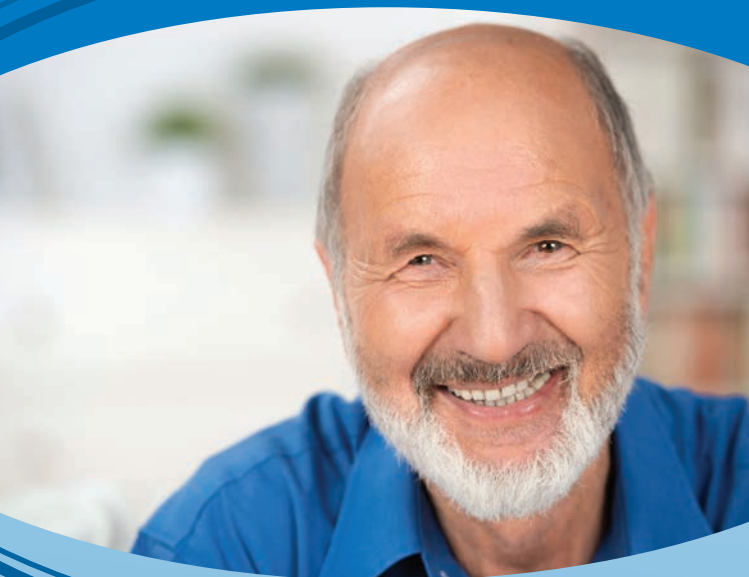


Urinary Incontinence



Living with ATOMS

A patient's guide for the aftercare
of the ATOMS implant

Living with ATOMS

This guide is intended to provide patients, who received the ATOMS adjustable implant for the treatment of urinary incontinence, with information on how to continue a normal daily life and to help patients improve incontinence.



Will I be continent and when?

Some patients may be continent immediately after the operation. Post-operatively swelling of the surgical site usually forms after the procedure and should reduce over time. Afterwards, it is possible to adjust the device approximately 6 weeks after the surgery, depending on the level of incontinence. Last but not least, even though the majority of patients will benefit from ATOMS, not every patient will be dry. Some patients, depending on multiple factors, will continue to leak or lose urine.

It is important for patients to understand that this is perfectly normal and not a failure of the surgery or the implant.

Will I feel any pain?

The common side effects are direct post-operative perineal pain, which may continue for more than two weeks, and numbness or increased sensitivity around the scrotum, glans or groin. In most cases, this settles down in 3-4 weeks. If there has been any compression of the scrotal nerves, this may persist for up to 3 months. It is rare to continue to experience these side effects after 3 months.

What to expect during the first few weeks after the surgery?

Healing takes approximately 6 weeks. During this time, patients should be able to undertake most normal activities, but only with approval of the physician. If there is any pain or discomfort, cease immediately.

It is recommended to follow these guidelines:

- The most important is to follow the instructions provided by your physician.
- Follow your physician's recommendations for cleaning the wound area (e.g. shower)
- Bathing or sexual activity should be avoided, or as directed by your physician.
- Do not sit for prolonged periods. When sitting for long periods of time, try to use an air ring or donut cushion that protects the surgical site.
- Avoid long-term urethral catheterisation. If it is required, your physician must deflate the ATOMS cushion.
- Avoid smoking as it affects the healing process.

What types of physical activity should I avoid?

It is advisable to refrain from doing sports such as horse riding and bike riding, which place added pressure on the implant. In some cases a special bike saddle may help if recommended by your physician. It has to be considered that every added pressure on an implant may compromise the longevity and effectiveness of such an implant.

Activities such as flying or scuba diving are suitable as these pressure changes do not affect the device.

What happens 6 weeks after the surgery?

After the healing period, you will have your first follow-up appointment, where a scrotal port adjustment may be necessary. This can be done at your physician's office and does not require hospital admission.

On average, patients require 3 additional adjustments to achieve their optimum level of continence. However, approximately 30% of patients do not require additional adjustments. Further adjustments may be required in the future. Some patients will continue to leak, even if the optimal adjustment is achieved.

Can I have X-rays or an MRI scan with the system in place?

Yes. The whole implant including the titanium port is non-ferromagnetic, which means any type of medical imaging examinations (X-ray, CT, MRI up to 3 Tesla, ultrasound) can be carried out safely. However, please show your implant pass to the staff before any such examination.

Can my bladder be examined or operated on with the implant in place?

Yes. For a routine bladder examination with ultrasound, no special precautions need to be taken. In the case of surgery (endoscopic through the urethra) e.g. for ureteral stones, ATOMS can be emptied before the procedure is carried out.

When should I contact my physician?

If there is progressive pain, swelling, symptoms of infection in the surgical site, or if there is a substantial change to the level of continence, please contact your physician immediately.



It is mandatory to speak in detail with your physician about all potential risks and benefits of the procedure and about the proper aftercare!

Important note:

This patient guide includes general information about the post-operative care of the ATOMS implant. However, it is by no means a substitute for a consultation and thorough examination by your physician. Only your physician can evaluate your personal situation and recommend the treatment and aftercare best suited to your needs, as well as inform you of possible risks.

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A.M.I. is an Austrian-based manufacturer of innovative medical technology. Our product range includes effective, patient-friendly solutions for various afflictions such as haemorrhoids, incontinence and obesity, all of which can severely affect quality of life. All our products are manufactured according to the highest quality standards, and enable doctors to take even better care of their patients.

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Speak to your physician!