

Patient information

about implants from AQ Solutions GmbH

Dear patient,

Artificial joints have been routinely implanted since the 1960s. Today, their implantation is part of everyday surgery in orthopedic procedures. If all conservative therapy options have been exhausted and you still have to endure with severe pain and restrictions in mobility, the implantation of an artificial joint is a common therapy option. This should enable you to move again without pain and regain your quality of life. For larger bone defects, damaged bones can be replaced, and pain-free mobility can be achieved by using modular or custom-made implants.

Information on your implant

Please do not consider the following information as a substitute for a consultation with your physician, but as important supplementary information. All questions regarding your individual situation should be clarified with your physician, who is familiar with your case and who is available for a detailed discussion about diagnosis and treatment.



For a maximum longevity of your implant, it is advisable to take some precautions:

- The treatment with an implant represents an artificial replacement and therefore does not offer the full range of performance of a natural joint.
- Physical exercise is only possible to a limited extent and after consultation with your attending physician.
- Avoid situations with an increased risk of falling.
- Excessive body weight can have a negative effect on the longevity of the implant.
- Avoid excessive and impact loading as well as heavy lifting and carrying.
- Examinations in the magnetic resonance tomograph (MRT) for diagnosis or postoperative control can lead to interactions with the implant.
- In case of problems of any kind around your implant, but also in case of incipient infections (e.g. of the urinary tract, the mouth and throat area, the appendix, etc.), please contact your doctor immediately in order to initiate any necessary treatment.

Expected lifetime of your implant

Despite the fact that artificial joints last longer and longer, they still have a limited lifetime. This is influenced by various individual factors, such as your body weight, your age, your physical activity and mobility, and especially in particular also the professional implantation. These factors cumulatively influence the individual lifetime of your implant. AQ Solutions GmbH confirms that the average lifetime of its implants corresponds to the state of the art.

Implant Card

You will receive from your physician proof of all implants used in your operation. This documentation is called „Implant Card“ and contains all important information about the respective implants. Please keep these documents in a safe place. In case of problems with your implants, a physician will be able to start treatment on the basis of the Implant Card. Furthermore, the Implant Card is also very important abroad and when travelling, e.g. when passing the metal detectors at the airport. After presenting the card, the airport staff is informed about the source of the interference and the journey can be started or continued.

The following symbols are shown on the Implant Card:

Symbol	Explanation
	Patient name or patient ID
	Date of implantation
	Name and address of the implanting healthcare institution/provider
	Name and address of the manufacturer
	Information website for patients
	Device name
	Reference number
	Serial number*
	Lot number/Batch code*
	Unique Device Identifier

*Depending on the implant type either SN or LOT is shown

Helpful tips for everyday life

- Weight the implant strictly as you learned in hospital and during rehabilitation.
- Wear sturdy, flat shoes with good cushioning. These will give you stability and protect your new joint.
- Look out for tripping hazards. Walk carefully, especially in autumn and winter, to avoid falling due to wet or slippery conditions.
- Avoid seats that are too low or too soft and from which it is difficult to get up again.
- Avoid carrying heavy objects. Distribute the weight to be carried evenly on both sides of the body, e.g. with a backpack.
- Avoid extreme, jerky movements with strong impact loads. This includes sports with extreme movements and abrupt changes of direction (e.g. squash, tennis, football or alpine skiing).
- Pursue your hobbies and do regular physical exercise. Targeted exercise promotes flexibility and strengthens your muscles. However, avoid overstraining your muscles. All sports that are easy on the joints, such as swimming, cycling, walking or gymnastics, are suitable. Please always keep in mind that you should always do the respective sport in moderation and adapted to your individual situation. Coordinate the extent and intensity of your sporting activities with your attending physician.
- Pay attention to a healthy diet and your weight. A normal body weight has a positive effect on the lifetime of your implant.
- Have regular check-ups.
- Take any new complaints of any kind seriously and, in doubt, have your implant checked by your physician.