



Client Health Education Resource

Negative Pressure Wound Therapy

PICO 7 or PICO 14

Community Health Services



The Smith & Nephew PICO 7 and PICO 14 systems are made up of a dressing and a **disposable** Negative Pressure Wound Therapy (NPWT) machine. The PICO 7 or PICO 14 is being used to help heal your
 Wound Incision Skin Graft.

Magnet Warning: The PICO 7/PICO 14 contains a magnet which can interfere with other medical devices, for example; pacemaker or insulin pump, causing that device to stop working. The PICO 7/PICO 14 must be kept at least 4” (10cm) away from other medical devices. **If you have any questions or concerns regarding this, speak with your surgeon or nurse.**

Your dressing care will be directed by (Nurse to check ✓):

- Your Surgeon: please book a follow-up appointment. Date: _____
- Your Family Physician/Nurse Practitioner (NP): please book an appointment. Date _____
- Your Community Nurse Specialized in Wound Ostomy Continence (NSWOC)/Wound Clinician.

You will receive a phone call from the Community Health Unit office to plan your clinic or home visits for your dressing changes. If you are discharged from hospital and you do not receive a phone call within 2 days, call your Community Health Unit (see back page). Your next dressing change is due on: _____.

In the unlikely event that there is a problem with the dressing (see page 4), the Nurse will provide you with a small bag of trouble-shooting supplies. The Nurse will teach you how to use your supplies and discuss which Dressing Plan you should follow if the problem cannot be fixed (see page 5).

Community Health Unit Contact Information <i>To be completed by the Community Health Nurse</i>		
Name of Health Unit/Office:	Address:	Phone Number:
After Hours Contact Information:		

For urgent Nursing or Medical help, see back page for directions.
Please bring this information with you for all appointments
or if you visit the Emergency Department.

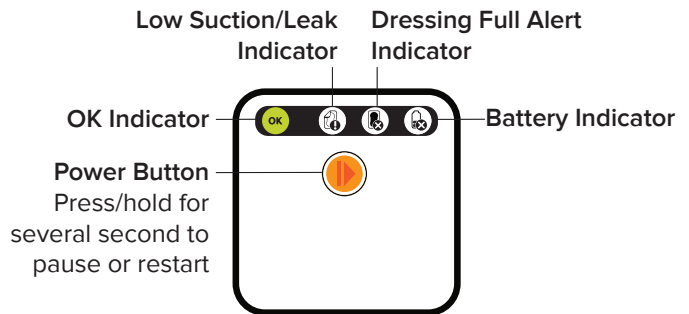
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Frequently Asked Questions

How does it work?

- The PICO 7/PICO 14's suction heals incisions by holding the edges together. For grafts, it holds the graft in place during the first few days of healing. **It is important that the suction be ON for 24 hours a day.**
- The suction pulls the drainage into the dressing.
- The dressing must stick firmly onto the skin to stop air from going under the dressing causing an air leak and a loss of suction.
- The machine will 'alert' you when there is a problem with the dressing or machine.
- The PICO 7/PICO 14 runs on batteries for up to 7 days for the PICO 7 or up to 14 days for the PICO 14; then shut themselves off. The machine uses 2AA batteries which should last the 7 or 14 days but you should **have extra batteries on hand** as a back-up.
- There is a belt clip for carrying the machine



What do I need to do while I have this dressing on?

- **While you are awake;** check every 2 hours that the:
 - Dressing is firm to touch.
 - Tubing is not kinked.
 - **GREEN** OK indicator button is flashing continuously.
 - Dressing Full indicator is not flashing.
 - Battery indicator is not flashing.
- **Before going to sleep,** do one more check.



Does it hurt?

- It is normal to feel a slight pulling or tugging due to the suction. If this hurts, take pain medication, if prescribed, or talk to your Nurse regarding pain medication.
- You may feel some discomfort when the dressing is removed.

What needs to be planned for my dressing changes?

With your Community Health Nurse, plan:








- The days and times for your dressing change.
- When to have a shower (if allowed, see below).
- For wounds which have a black foam dressing only: when to turn the machine OFF before your dressing change if you are not having a shower; usually 30 minutes.
- When to take pain medication, if needed; usually 30 to 45 minutes before the dressing change.

Write the plan here:

Can I have a shower/tub bath?

- You may shower (no tub baths) with the dressing in place, but the shower must be done immediately prior to a scheduled dressing change.
- The machine is battery-run therefore it must be disconnected from the dressing prior to the shower.
- How to set up for your shower:
 - Gather your supplies (an alcohol swab, two – 2x2 gauze dressings, and tape)
 - Wash your hands.
 - Press/hold the Power button for several seconds to turn the machine OFF.
 - Find the connecting point where the dressing tube connects with the machine; clean this point with the alcohol swab for 30 seconds and let air dry.
 - Disconnect the dressing tube from the machine.
 - Use a 2x2 gauze to cover the end of dressing tubing; tape the gauze in place.
- Your shower time should be kept short; the dressing is waterproof but try to keep the shower spray off the dressing as much as possible.
- After your shower, gently pat the dressing dry and wait for the nurse to come to change your dressing.

Trouble-Shooting

Alerts	What to Do
<p>Therapy Complete:</p> <ul style="list-style-type: none"> After 7 or 14 days the machine automatically turns off. All indicator lights are OFF. 	<ul style="list-style-type: none"> Call your Community Health Unit and let them know.
<p>Low Battery:</p> <ul style="list-style-type: none"> The GREEN OK and ORANGE battery indicators are flashing; this means there is 24 hours or less of battery life remaining. 	<p>To change the batteries:</p> <ul style="list-style-type: none"> Press/hold the ORANGE Power button to stop the therapy. Remove battery cover (back of the machine) and batteries. Put in 2 new AA batteries and replace battery cover. Press/hold the ORANGE Power button to restart therapy.
<p>Low Suction:</p> <ul style="list-style-type: none"> The GREEN OK and ORANGE air leak indicators are flashing. This indicates that the machine is trying to gain a dressing seal. 	<ul style="list-style-type: none"> Wait 65 seconds. The pump may intermittently 'buzz' as it establishes the negative pressure, as long as the dressing is firm to touch and the GREEN light is flashing, the system working correctly.
<p>Air Leak:</p> <ul style="list-style-type: none"> The ORANGE leak indicator is flashing. Therapy is not being applied. <p>Note: Once the machine is turned back on, it may take up to 65 seconds to re-establish the therapy.</p> 	<p>To correct an air leak:</p> <ul style="list-style-type: none"> Ensure tubing connection is tight. Find your trouble-shooting supplies. Smooth out the dressing especially where the white dressing meets the border to remove any creases. Check for small lifts on the edge of the dressing and add fixation strips as needed. Press/hold the ORANGE button to restart therapy. If air leak is resolved, the GREEN light will stay on. If the air leak is not resolved, then ORANGE light will come back on; try again to seal the air leak. If unable to fix the leak, go to back page "Nothing is Working..."
<p>Dressing 'Full':</p> <ul style="list-style-type: none"> Orange dressing full indicator is flashing meaning the dressing needs to be changed. 	<ul style="list-style-type: none"> Call your Community Health Unit and let them know that the machine is saying that the dressing is full. Go to the back page to see how you will need to manage the dressing.
<p>Standby:</p> <ul style="list-style-type: none"> All the indicator lights are OFF but the therapy has not completed it 7-day course. 	<ul style="list-style-type: none"> Press the ORANGE Power button to restart the therapy. It takes 65 seconds for the machine to apply the NPWT. Check the batteries.
<p>Machine Failure:</p> <ul style="list-style-type: none"> All indicator lights are solidly ON (no flashing). 	<ul style="list-style-type: none"> Try pressing the ORANGE Power button to restart machine. Try new batteries. If therapy cannot be restarted, go to the back page "Nothing is Working..."

**Call your Community Health Unit and follow trouble-shooting tips provided or
Call Smith & Nephew Customer Service: Phone: 877 977-1772 only from 8:00am-4:00pm EST**

Nothing is Working...

1. **Let the Community Health Unit office know as soon as possible that there is a problem with the dressing and/or machine which you can not fix (if it is after office hours, leave a message).**
2. You will need to do the following to manage the dressing:
 - Ensure the machine is OFF; press/hold the Power button for 2 seconds.
 - This dressing will hold the drainage; if leaking, cover with a bandage or towel.

When to Seek Help

Call the Nurse and/or your Surgeon/Family Physician/Nurse Practitioner for any of the following:

- New or increasing pain around the wound, incision or graft site.
- A temperature of 38°C or higher.
- Feeling unwell (nausea/vomiting, lightheaded, dizzy or weak).
- Swelling, warmth, tenderness redness, increase itchiness around the dressing site.
- Bad/foul smell coming from the dressing or canister.
- Need to change the canister more often than usual.
- Drainage in the tube or canister is thicker, has changed colour or there is increased drainage.

Turn OFF the machine and call Emergency Services (911) immediately if you see the following in the dressing, tubing, or canister:

- Blood (red); unexpected or new bleeding.
- Bile (green) for abdominal wounds only.
- Stool (brownish) for abdominal wounds only.

For clients living with spinal cord injury and having signs/symptoms of Autonomic Dysreflexia **turn OFF the machine and call Emergency Services (911).**

Community Health Unit Contact Numbers

Health Authority	Area	Phone Number
Fraser Health	All areas	855-412-2121
Interior Health	Call the Community Health Unit closest to your home	
Northern Health	Call the Community Health Unit closest to your home	
Vancouver Coastal Health	North Shore/Coastal	604-986-7111
	Richmond	604-875-4510
	Vancouver	604-263 -7377
Vancouver Island	South Island	250-388-2273
	Central Island	250-739-5749
	North Island	250-331-8570

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Making better
decisions together
with patients
and families

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