

Client Health Education Resource

Negative Pressure Wound Therapy

PICO 7

Patient Self Care



The Smith & Nephew PICO 7 system is made up of a dressing and a **disposable** Negative Pressure Wound Therapy (NPWT) machine. Your Surgeon is using it to help heal your Incision Skin Graft.

Magnet Warning: The PICO 7 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 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 Follow-up Appointment will be with:

Your Surgeon The Clinic Your Family Physician/Nurse Practitioner (NP)

Your appointment is booked _____ / _____.

Date Time

If not booked, please book appointment _____ days from your surgery date.

Your Surgeon/The Clinic Contact Information:

In the unlikely event that there is a problem with the dressing, the Nurse will provide you with a small bag of trouble-shooting supplies to fix this (see page 3). The Nurse will teach you how to use your supplies and review with you what to do when a problem cannot be fixed (see back page).

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.

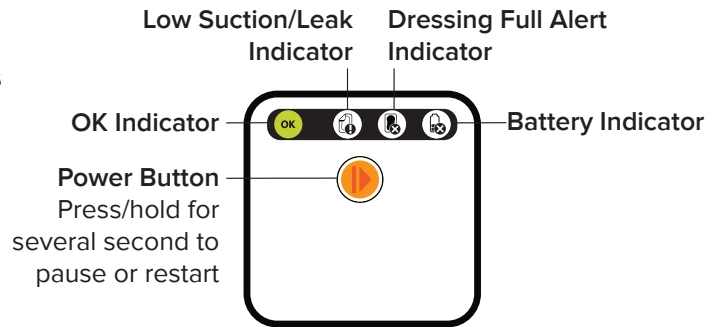
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Frequently Asked Questions

How does it work?

- The PICO 7'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 any drainage from the incision through the dressing. The drainage amount should be small to none.
- The dressing collects the drainage.
- The dressing must stick firmly to the skin to stop air from going under the dressing causing an air leak and loss of suction.
- The machine will 'alert' you when there is a problem with the dressing or machine.
- The PICO 7 runs on batteries for up to 7 days and then shuts itself off. It has 2 AA batteries which should last the 7 days, but you should **have extra batteries on hand** as a back-up.
- The machine can be disposed of through an electronic recycling program.
- There is a belt clip for carrying the machine



How long do I have this dressing on?

Your Surgeon will decide when the PICO 7 dressing will be removed or changed.

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.
 - The tubing is not kinked.
 - **GREEN** OK indicator is flashing continuously.
 - 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 your pain medication as ordered by your Surgeon. If your pain medication does not help, call your Surgeon.
- You may feel some discomfort when the dressing is removed.

Can I have a shower/tub bath?







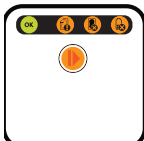
- No. Showering/tub baths can disturb the dressing and must wait until the dressing is removed. It is okay to have a sponge bath.



My Surgeon told me to remove the dressing once the therapy is done, how to I do this?

Find one corner of the dressing and gently lift the edge. Then go around the whole dressing, lifting all of the edges. Remove the dressing. As your Surgeon ordered, cover the incision with the dressing supplied or leave it open to the air. Discard the dressing and canister in the garbage. Recycle the machine, if possible.

Trouble-Shooting

Alerts	What to Do
<p>Therapy Complete:</p> <ul style="list-style-type: none"> After 7 days the machine automatically turns off. All indicator lights are OFF. 	<ul style="list-style-type: none"> Call your Surgeon/Clinic to 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"> The ORANGE light above the dressing indicator is flashing. 	<ul style="list-style-type: none"> Call your Surgeon/Clinic 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 its 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 your Surgeon or your Family Physician/NP know as soon as possible that there is a problem with the dressing and/or machine (if it is after office hours or on the weekend, 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 your Surgeon or Family Physician/Nurse Practitioner if you have any of the following:

- New or increasing pain.
- A fever of 38°C or higher.
- Feeling unwell (nausea/vomiting, lightheaded, dizzy or weak).
- Swelling, redness, warmth, tenderness, increasing itchiness at your dressing site.
- Bad/foul smell coming from the dressing or canister.
- 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).**

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Making better
decisions together
with patients
and families

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