



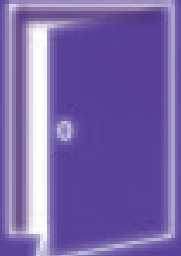
PICO patient home care information

Date: _____

Your nurse: _____

Your doctor: _____

Other useful numbers: _____



simply



Introduction

This patient handbook will provide you with important information while you are receiving Negative Pressure Wound Therapy (NPWT) from Smith & Nephew's PICO® system. The handbook will answer basic questions about the therapy. Please keep it in a safe place with other healthcare documents. The handbook includes instructions on how to use the product and other relevant information.

For full details including instructions for use, contraindications and precautions, please refer to the insert leaflet provided with the product.

What does PICO do?

PICO provides suction known as Negative Pressure Wound Therapy (NPWT) which draws out excess fluid from a wound and protects the injured area. The wound dressing protects the wound from dirt and bacteria to ultimately help promote healing.

How does PICO work?

PICO consists of a NPWT pump connected to an absorbent gentle adhesive dressing.

The dressing is applied to the wound and extra strips are placed over the outside edge to help hold the dressing in place. When the pump is turned on, air is pulled out of the dressing and excess fluid from the wound will start to enter the dressing. The dressing helps to prevent bacteria from entering the wound. It may also improve blood flow to the wound which will help it to heal.

The pump is battery operated. The batteries may be changed with two lithium AA batteries if required. They should only be changed if the battery indicator flashes (see page 8 regarding pump alarms).

How many hours a day do I need to use the therapy?

To get the full benefit, we recommend that you maintain use of the therapy as prescribed by your physician or nurse.

How long will it take to improve my wound?

The length of time that the therapy takes to improve a wound is different for every patient. It will depend on your general health, the size and type of wound that you have and the treatment you have been prescribed. In many cases, an improvement in the wound can be seen when the first dressing is changed, but in some cases, it may take several weeks. The therapy may be used to close the wound completely, or may be stopped sooner than this and replaced with a different type of dressing. If your wound shows no improvement, the therapy might be stopped. Your nurse or doctor will discuss when and why it will be stopped when they assess your wound at each dressing change.

Will it be painful?

When the PICO pump is activated you may feel a slight pulling or drawing sensation. This is normal and should not be painful or uncomfortable.

If you experience pain or discomfort, consult your nurse or doctor for advice. They will determine the cause and take appropriate action.

What will the dressing look like when the therapy is working?

The dressing will pull down against your skin/wound when the therapy is working and be firm to the touch.

How often will the dressing have to be changed?

The dressing may be left in place for up to seven days depending on the amount of fluid drawn from the wound. This will depend on the size, type, drainage amount and position of your wound. Your nurse or doctor will determine how often your dressing should be changed.

Will the dressing changes hurt?

Some people may experience slight discomfort during dressing changes, specifically during cleaning of the wound, depending on the type and position of the wound. If you feel any discomfort, please tell the person who is changing your dressing. This way, they will be able to give you advice and, if necessary, pain-relief medication to help ease the discomfort.

Can I move around while on the therapy?

Patients using PICO can move around but this will depend on recommendations provided by your nurse or doctor. PICO is discreet and can be easily carried around in a pocket or the PICO bag to allow maximum movement.

When you are asleep

PICO should remain connected and switched on. Make sure that the PICO pump is placed somewhere safe and cannot be pulled off a table or cabinet onto the floor during sleep.

Disconnection of the pump from the dressing

The pump may be disconnected from the dressing. There is a connector built into the tubing between the pump and dressing. These should be connected together at all times unless there is a requirement to disconnect the pump – such as the need to have a shower.

Press the orange button to pause the therapy. Unscrew the two parts of the connector. Place the pump somewhere safe.

Once you are ready to reconnect the pump, screw the two halves back together. Ensure your dressing is smoothed down to make sure there are no creases that could cause air leaks. Press the orange button to restart the therapy. The green light will start flashing to show that the pump is starting to apply therapy. If after one minute the orange “air leak” light starts to flash refer to the section regarding alarms. Please note that if the pump is left paused for longer than one hour it will automatically restart the therapy.

Showering and washing

The PICO[®] pump is splash proof but should not be exposed to jets of water. It may be disconnected from the dressing when showering is required, as above.

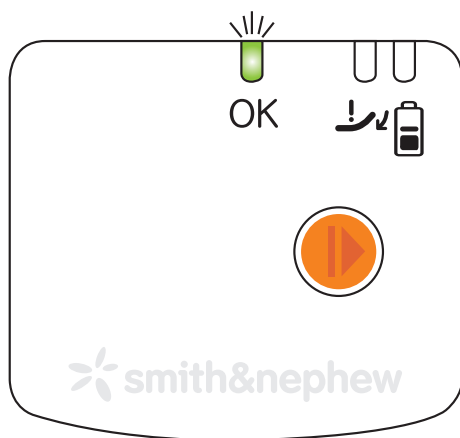
Make sure the tube attached to the dressing is held out of the water and that the end of the tube is pointing downwards so that water cannot enter the tube.

The dressing on top of the wound is water resistant. You can shower or wash with the dressing in place, as long as you take care not to expose it to direct jets of water and not to soak it. Soaking the dressing may cause it to fall off.

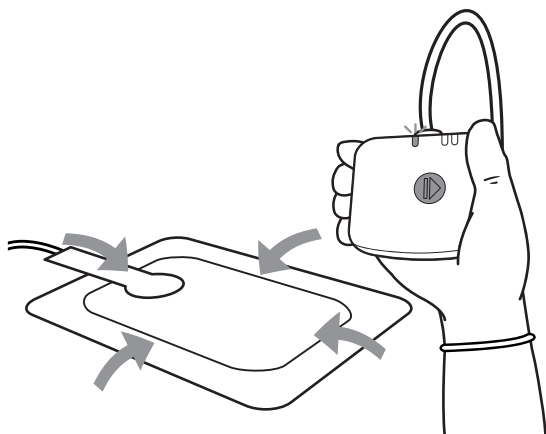
Position of the pump, while therapy is being delivered

The PICO[®] pump may be carried with you in your pocket or wherever is most comfortable for you, considering the size and location of the wound. A PICO bag is available if you would prefer to carry it in that way.

How will I know if the PICO system is working?



While the PICO pump is working correctly a green light located at the top of the device will flash continuously.



The dressing should have a slightly wrinkled appearance and feel firm to the touch.


What happens if the PICO[◇] pump alarms?

The PICO pump has a visual alarm for “Low Battery” and “Low Vacuum”. These issues are easily solved, for example:

- “Low Battery” – The pump will begin to alert you with a flashing orange light (above the battery symbol) when there are 24 hours or less of battery life remaining. Note that the green “OK” light will continue to flash in conjunction with this. The batteries should be changed at this point. Press the orange button to pause the therapy. Take the battery cover from the top of the pump and replace with two new lithium AA batteries. The way in which the batteries should be positioned is displayed inside the battery compartment. Put the cover back on and press the orange button again to restart your therapy.



The green light and the orange light above the battery will flash together when the batteries need changing.

- “Low Vacuum” – If there is a low vacuum (low suction) in the dressing, a flashing orange light (above a  symbol) will alert you and you will hear the pump make a buzzing sound as it tries to get to the right vacuum.

The dressing is still capable of absorbing fluid with a low vacuum but the negative pressure therapy is not being delivered.

The vacuum may be low due to an air leak in the seal around the dressing. Check for any small lifts in the dressing and smooth down around the outside of your dressing including the strips with your hands.

Press the orange button to restart your therapy. The green light will flash to indicate that the pump is trying to apply therapy. After about one minute, if the orange low vacuum light starts to flash again, the air leak is not yet resolved. Continue to smooth the dressing and strips to ensure there is no entrance for the air and repress the orange button.

After one minute, if the green light continues to flash the air leak has been resolved.

Contact your nurse or doctor if you have continuous issues with the flashing low vacuum light.



The orange light will flash like this if the pump cannot reach the proper vacuum level.

When will I need a new pump?

The pump is designed to stop working seven days after being initially started. After this time it will stop and will not restart even with new batteries. All the lights will go off and stay off.

Negative pressure therapy is not being applied at this point so your nurse or doctor will need to apply a new PICO[®] therapy system if needed.



The pump will look like this when it has come to the end of its life.

Frequently asked questions

Q. *How do I know if the therapy is working correctly?*

- A. The green OK light flashes when the pump is working correctly, the dressing should have a slightly wrinkled appearance and feel firm to the touch.

Q. *Can I shower with the pump and dressing in place?*

- A. No, you must first pause the pump and disconnect it from the dressing before showering; the dressing is water resistant however do not expose it to direct jets of water or soak it.

Q. *Can I remove the dressing?*

- A. No, this should be done by your nurse or doctor.

Q. *How will I know if the batteries need changing?*

- A. The green OK and orange (battery symbol) lights will flash together; replace with two lithium AA batteries.

Q. *Why has the pump stopped working?*

- A. The pump may be paused; press orange button to re-start.

Or

The batteries need to be replaced.

Or

The pump has stopped working after seven days of use.

Q. *How do I pause or re-start the pump?*

- A. By pushing the orange button on the pump.

Q. *Why did the pump restart after I left it paused?*

- A. If the pump is left paused for longer than one hour, it will automatically restart the therapy.

Q. *How will I know if the pump cannot reach the proper vacuum level?*

- A. The orange (low vacuum symbol) light will flash; check that the dressing is correctly connected to the pump and that the dressing seal is intact.

For more detailed information, please refer to the relevant section in this booklet.

Call your nurse or doctor immediately if you notice a change in the colour or amount of fluid in the dressing, for example:

- If it changes from clear to cloudy or bright red or you see the dressing fill rapidly with blood
- Your wound looks more red than usual or has a foul smell
- The skin around your wound looks reddened or irritated
- The dressing feels or appears loose
- You experience pain
- The alarm does not turn off

If you have any other questions, please speak to your nurse or doctor.

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