

# Preparing for a caesarean section?

If you have a caesarean, you might be surprised to learn that your surgical incision may become infected. The PICO System could help.<sup>1</sup>

## Smith+Nephew

### PICO<sup>◇</sup> 7

Single Use Negative Pressure  
Wound Therapy System



# Did you know?



1 in 3 women give birth by caesarean section<sup>2,3</sup>



Up to 15% of caesarean sections develop a wound complication following caesarean delivery<sup>4\*</sup>



Body Mass Index (BMI)  $\geq 30\text{kg/m}^2$  or having high blood pressure can increase your risk of infection<sup>5</sup>



An infection can mean a longer hospital stay or even readmission<sup>6</sup>

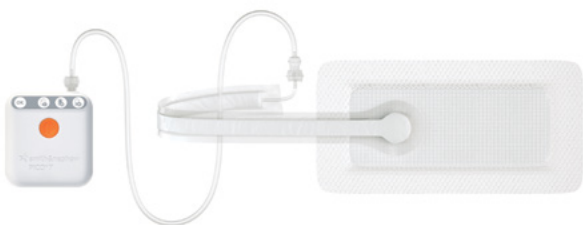
# What are the chances of complications from a caesarean section incision?

Here are some key discussion points to consider when talking with your doctor.

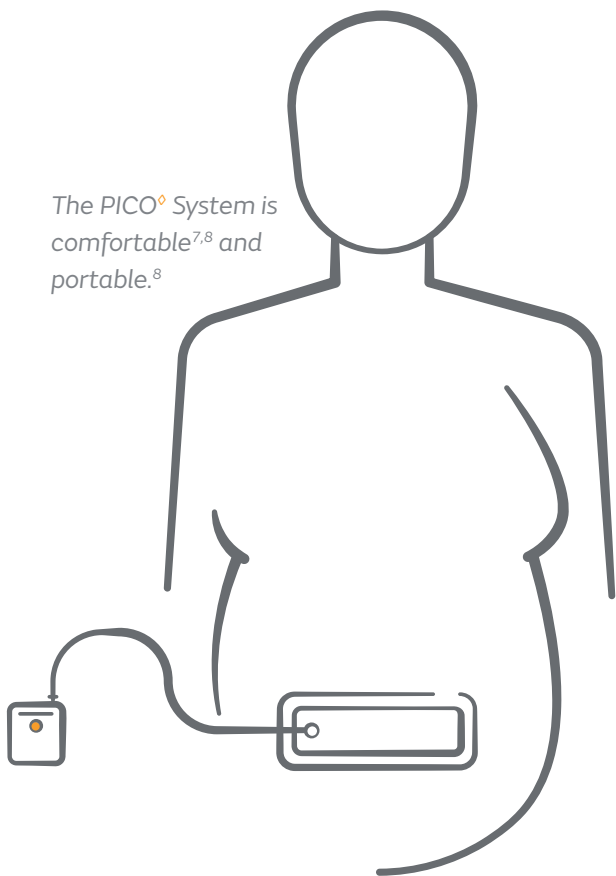
- 1 Factors that may increase your risk** such as your Body Mass Index (BMI) if  $\geq 30\text{kg/m}^2$ <sup>5</sup>
- 2 How your doctor plans** to protect your incision after surgery
- 3 Ways to reduce** your risk factors

# The PICO<sup>◇</sup> 7 System can help

- PICO 7 is intended for patients who would benefit from a negative pressure wound therapy (NPWT) suction device as it may promote wound healing via removal of low to moderate levels of exudates and infectious materials for surgical closed incision sites.
- PICO 7 can help reduce the risk of surgical site infections after caesarean section.<sup>1</sup>
- Adequate education about surgical site infections is important to ensure mothers to be are aware of any potential risk factors associated with caesarean delivery, such as being obese, smoking or having high blood pressure.
- Speak to your doctor about interventions to help prevent surgical site complications.



The PICO<sup>◇</sup> System is comfortable<sup>7,8</sup> and portable.<sup>8</sup>



## The PICO dressing

- Helps protect your incision<sup>9</sup>
- You can **shower** with the dressing on<sup>\*\*10</sup>
- The PICO dressing has a wear time of **up to 7 days** depending on exudate levels.<sup>11</sup>

# Protect your caesarean incision.

Ask your doctor about how the PICO<sup>®</sup> System may help you after your caesarean section – ensuring a smoother recovery as you focus on what matters most.

**Find out more:**



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## Important

**PICO 7 is to be used under the direction of healthcare professionals only. The device can be used at home under the training and supervision of your healthcare professional. PICO dressings should only be applied and changed by your healthcare professional. This product is not available for purchase by the general public. Always follow directions for use.**

## Disclaimer

Smith+Nephew is not providing medical advice. Please speak to your healthcare professional about your risk of surgical site infections. Your healthcare provider will determine the suitable treatment for your condition considering your risk factors.

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\*BMI  $\geq 30\text{kg/m}^2$

\*\*The PICO dressing should not be exposed to a direct spray or submerged in water

†Versus standard dressings

**References:** **1.** Hyldig N, Vinter CA, Kruse M, et al. Prophylactic incisional negative pressure wound therapy reduces the risk of surgical site infection after caesarean section in obese women: a pragmatic randomised clinical trial. BJOG. 2019 Apr;126(5):628-635. **2.** Australian Institute of Health and Welfare (2023) National Core Maternity Indicators, AIHW, Australian Government, accessed July 2024. **3.** Health New Zealand 2024. Report on Maternity Web Tool. Wellington: Health New Zealand. <https://www.tewhatauora.govt.nz/for-health-professionals/data-and-statistics/report-on-maternity-web-tool/> [Accessed August 2024]. **4.** Gillespie B, Ellwood D, Thalib L, et al. Incidence and risk factors for surgical wound complications in women with body mass index  $>30\text{ kg/m}^2$  following cesarean delivery: a secondary analysis. Am J Obstet Gynecol Glob Rep 2022;2:100069. **5.** Vallejo MC, Attaallah AF, Shapiro RE, Elzamzamy OM, Mueller MG, Eller WS. Independent risk factors for surgical site infection after cesarean delivery in a rural tertiary care medical center. J Anesth. 2017;31(1):120-126. doi:10.1007/s00540-016-2266-2. **6.** Jenks PJ, Laurent M, McQuarry S, Watkins R. Clinical and economic burden of surgical site infection (SSI) and predicted financial consequences of elimination of SSI from an English hospital. Journal of Hospital Infection. 2014 Jan 1;86(1):24-33. **7.** Gilchrist B, Robinson M, Jaimes H. Performance, safety, and efficacy of a single use negative pressure wound therapy system for surgically closed incision sites and skin grafts: A prospective multi-centre follow-up study. Paper presented at: SAWC; 2020; Virtual. **8.** Hurd T, Trueman P, Rossington A. Use of a Portable, Single-use Negative Pressure Wound Therapy Device in Home Care Patients with Low to Moderately Exuding Wounds: A Case Series. Ostomy Wound Manage. 2014;60(3):30-36. **9.** Smith+Nephew 2020. Bacterial barrier testing of the PICO dressing. Internal Report. 2001002. **10.** Smith+Nephew April 2018. PICO 7Y - Waterproofness of dressings. Internal Report. DS/18/134/R. **11.** Smith+Nephew July 2018. PICO 7Y Non-NPWT Wound Model Summary. Internal Report. DS.18.260.R.

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