

+ Patient guide

Back at home, not back in hospital



PICO[®] Single Use Negative Pressure
Wound Therapy (sNPWT) System

Smith+Nephew

**Shaping what's possible
in wound care**





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Introduction

This patient handbook will provide you with important information while you are receiving therapy from the PICO Single Use Negative Pressure Wound Therapy (sNPWT) System. The handbook will answer basic questions about the therapy. Please keep it in a safe place with other healthcare documents.

For detailed product information, including indications for use, contraindications, effects, precautions, warnings, and important safety information, please always consult product's Instructions for use (IFU) prior to use.

PICO[◇] 7

Single Use Negative Pressure Wound Therapy System



PICO[◇] 14

Single Use Negative Pressure Wound Therapy System

What is PICO[◇] sNPWT?

The PICO sNPWT Portfolio is indicated for patients who would benefit from a suction device - negative pressure wound therapy (NPWT) as it may promote wound healing via removal of low to moderate levels of exudate and infectious materials. PICO sNPWT is suitable for use both in a hospital and homecare setting.

The PICO system consists of a NPWT pump connected to the PICO dressing with AIRLOCK[◇] Technology. The PICO Dressing has a gentle silicone adhesive¹⁻³ and this holds excess exudate away from the wound bed area.^{4,5}

PICO 7 pump and PICO 14 pump

The PICO pumps can be identified by the number labelled on the front face of the pump it will show as either PICO 7 or 14. The indicator interface strip at the top of the pump is grey if the patient is using PICO 7 pump and black if the patient is using PICO 14 pump.

PICO 7 pump



PICO 14 pump



What is PICO[◇] 7 system?

The PICO 7 system provides suction known as Negative Pressure Wound Therapy (NPWT). The PICO 7 pump has a 7-day life. The pump life ends, and it automatically stops functioning at 7 days (all the indicators will turn off at this point).

The PICO dressing may be left in place for up to 7 days depending on the level of exudate.^{3*}

The front of the pump has a single push button and four LEDs, to provide you with visual indications on the status of your system. Please refer to the How PICO system works section for descriptions on the specific visual indicators.

The back of the PICO 7 pump allows the user to record the start date of therapy.⁶



*PICO Dressings should only be applied and changed by a healthcare professional.



What is PICO[◇] 14 system?

The PICO 14 system provides suction known as Negative Pressure Wound Therapy (NPWT). The PICO 14 pump has a 14-day life. The pump life ends, and it automatically stops functioning at 14 days (all the indicators will turn off at this point).

The PICO dressing may be left in place for up to 7 days depending on the level of exudate.^{3*}

The front of the pump has a single push button and four LEDs, to provide you with visual indications on the status of your system. Please refer to the How PICO system works section for descriptions on the specific visual indicators.

The back of the PICO 14 pump allows the user to record the start date of therapy.⁶



*PICO Dressings should only be applied and changed by a healthcare professional.

Living with PICO[◇] sNPWT pump

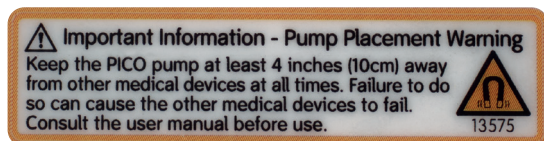
Magnet warning

The PICO 7 and PICO 14 pump contains a magnet that can cause interference with other medical devices in close proximity. The PICO pump must be positioned at least 10cm (4 inches) away from other medical devices that could be affected by magnetic interference.

These include but are not limited to:

- Implantable cardioverter defibrillator (ICD)
- Pacemakers
- Insulin pumps
- Shunt valves
- Neurostimulators
- Cochlear implants

THIS WARNING APPLIES AT ALL TIMES TO ALL USERS.



General activity

The PICO 7 and PICO 14 pump may be carried in your pocket or belt clip; wherever is most comfortable for you, considering the size and location of the wound. The PICO system does not contain audible alerts. The pump should be carried so that it is accessible and the patient/ healthcare professional can check the status routinely.



Sleeping

Make sure that the PICO[®] pump is placed somewhere safe and cannot be pulled off a table or cabinet onto the floor during sleep.

Washing and showering

Light showering is permissible; however, the pump should be disconnected and placed in a safe location where it will not get wet.^{7,8} While disconnected the dressing should not be exposed to a direct spray or submerged in water. Ensure the end of the tubing attached to the dressing is facing down so that water does not enter the tube. Please refer to the Frequently asked questions for details on how to disconnect your pump.

Travel

You can travel on an aircraft, train and boat with your PICO system.⁹ Special care must be taken regarding pump positioning when in close proximity to other people.

During transport there is a potential for radio frequency interference that could affect PICO sNPWT performance. If the PICO pump malfunctions, replace batteries. Please contact your healthcare professional if the malfunction is not corrected.



PICO[◇] sNPWT dressing

The PICO Dressing should only be used with PICO Pumps

When to change the PICO dressing

The PICO dressing may be left in place for up to 7 days depending on the level of wound fluid.^{3}*

Inspect the PICO dressings regularly. If the dressing appears ready for change your healthcare professional will need to press the orange button and disconnect the dressing from the pump. The fixation strips should be stretched away from the skin and the dressing lifted at one corner and peeled back until it has been fully removed.



NO CHANGE

Dressing properly positioned
and is acceptable to be
left in place



REQUIRES CHANGE

Dressing requires change –
port may block with fluid



REQUIRES CHANGE

Dressing requires change –
absorbent area is full

User of PICO dressings with fillers





PICO dressings are compatible with standard gauze and foam fillers used in traditional NPWT where clinically appropriate.






When a filler is used, the filler and the PICO dressing should be changed 2 to 3 times per week.



How does the PICO[◇] system work?

The PICO sNPWT pump has visual indicators to let the user know when there is an issue. The PICO pump does not contain audible alerts. The PICO pump should be carried so that it is accessible, and the patient/healthcare professional can check the status routinely in case there is a fault or in case of damage.

Display/indicator status	Possible cause	Comments/troubleshooting
All indicators off 	<p>The pump is in standby.</p> <p>The pump has completed its course of NPWT.</p> <p>The batteries have depleted.</p>	<p>Negative pressure wound therapy (NPWT) is paused. Press the orange button to restart negative pressure wound therapy.</p> <p>Pressing the orange button will not restart NPWT. Healthcare professional to apply new pump and dressing if further NPWT is required.</p> <p>If the pump has not yet completed its course of NPWT, replace the batteries.</p>
Green 'OK' and orange 'leak' indicators flash 	<p>The pump is working to achieve NPWT but has not reached the intended pressure.</p>	<p>Wait up to 100 seconds. Assess whether NPWT has been established.</p>
Green 'OK' indicator flashes 	<p>System is functioning properly. No issues.</p>	<p>The pump may be heard running occasionally as it maintains the negative pressure. This is normal.</p>
Green 'OK' and orange 'battery low' indicators flash 	<p>System is functioning properly but the batteries are low.</p>	<p>Replace the batteries and press the orange button to restart pump.</p>

Display/indicator status	Possible cause	Comments/troubleshooting
<p>Orange 'leak' indicator flashes</p> 	<p>A high air leak has been detected. NPWT is not being applied.</p> <p>Note: the pump will automatically try to restart NPWT after 1 hour.</p>	<p>Smooth down the dressing and strips to remove any creases. Press the orange button to restart NPWT. If the air leak remains, the orange 'leak' indicator will flash again after approximately 100 seconds. Ensure that the tube connectors have been twisted together securely.</p>
<p>Orange 'leak' and orange 'battery low' indicators flash</p> 	<p>A high air leak has been detected and the batteries are low. NPWT is not being applied.</p> <p>Note: the pump will automatically try to restart NPWT after 1 hour.</p>	<p>Resolve the air leak according to instructions above. Also replace the batteries and press the orange button to restart the pump.</p>
<p>Orange 'dressing full' indicator flashes</p> 	<p>Dressing is saturated or filter is blocked. NPWT is not being applied.</p> <p>Note: the pump will automatically try to restart NPWT after 1 hour.</p>	<p>Healthcare professional to replace the dressing with a new one and press the orange button to restart the pump.</p>
<p>Orange 'dressing full' and orange 'battery low' indicators flash</p> 	<p>Dressing is saturated or filter is blocked and the batteries are low. NPWT is not being applied.</p> <p>Note: the pump will automatically try to restart NPWT after 1 hour.</p>	<p>Healthcare professional to replace the dressing with a new one. Also replace the batteries and press the orange button to restart the pump.</p>
<p>All indicators solidly illuminated</p> 	<p>A pump error has been detected. The pump can no longer apply NPWT.</p>	<p>Healthcare professional to apply a new pump and dressing.</p>

Frequently asked questions

● How do I know my system is working normally?

While the PICO[®] sNPWT pump is working correctly, the green OK indicator will flash continuously. The pump may be heard running occasionally as it maintains the negative pressure. This is normal. The dressing should have a slightly wrinkled appearance and feel firm to the touch.

● Will therapy with the PICO System be painful?

The first time the PICO pump is turned on, you may feel a slight pulling or drawing sensation. If you experience any pain, please speak to your healthcare professional for advice.

● What happens if my system becomes wet?

Do not let the pump get wet. Protect it from sources of fluid e.g. from incontinence or spillages. Do not use the PICO pump if it is wet or has previously been wet. In addition, your dressing and pump should not be exposed to a direct spray or submerged in water. Please contact your healthcare professional if you suspect your system has become wet.

● How do I disconnect my pump in preparation for washing or showering?

The PICO pump should remain connected to the dressing at all times unless there is a requirement to disconnect the pump – such as the need to wash or shower.

Firstly press the orange button to pause the therapy.

Unscrew the two parts of the connector. Place the pump somewhere safe. Ensure the end of the tubing attached to the dressing is facing down so that water does not enter the tube while the pump is disconnected.

Once you are ready to reconnect the pump, join the pump and dressing tubes by twisting together the connectors. Press the orange button to start application of negative pressure wound therapy. The green OK indicator and orange air leak indicator will start to flash together (indicates the pump working to establish negative pressure wound therapy).

Depending on the size of the wound, the pump should take up to 100 seconds to establish a vacuum.

● **What should I do if I notice a change in the colour or amount of the fluid in the dressing?**

Please contact your healthcare professional immediately if you notice any of the following changes:

- If wound fluid changes from clear to cloudy or bright red
- You see the dressing fill rapidly with blood
- Your wound has a foul smell
- The skin around your wound looks reddened or irritated
- The dressing feels or appears loose
- You experience pain
- The visual indicator(s) do not turn off

● **What should I do if the pump display indicators are flashing and I do not know what this means?**

Please refer to 'How does the PICO System work section' for further instructions and troubleshooting guidance.

Please contact your healthcare professional if the status is not corrected.



Useful contacts

If you have any other questions, please speak to your healthcare professional:

Your nurse:

Your doctor:

Other useful numbers:

NPWT Technical Support Helpline for patients and clinicians

UK: 0800 9155394

Ireland: 1800 30 36 22

Smith+Nephew does not provide medical advice. The information presented in this patient guide is not, and is not intended to serve as, medical advice. The information presented is for informational purposes only. Only your healthcare professional can advise whether any treatments referred to may be suitable for you and your condition, and of the associated risks, benefits and possible outcomes. It is the responsibility of healthcare professionals to determine and utilize the appropriate products and techniques according to their own clinical judgment for each of their patients. Individual results will vary.

For detailed product information, including indications for use, contraindications, effects, precautions, warnings, and important safety information, please always consult product's Instructions for use (IFU) prior to use.

More ways to learn about your PICO[®] sNPWT

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Smith+Nephew, Croxley Park Building 5, Hatters Lane, Watford, Hertfordshire WD18 8YE T +44 (0) 1923 477100 F +44 (0) 1923 47710 www.smith-nephew.com/uk

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