

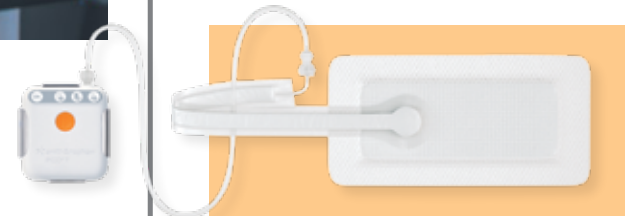


Clockwise:  
The PICO 7 is designed for comfort; Once applied, it draws away surplus moisture from your wound; The PICO 7 is small and discreet.



## WHAT IS PICO 7?

The PICO 7 system is designed to help wounds heal by using a suction device, known as Negative Pressure Wound Therapy (NPWT). The suction device helps to remove excess fluids and infectious materials from closed surgical wounds into the dressing, which could promote wound healing.



This small, portable<sup>5</sup> device is applied right after a C-section to support better wound healing and reduce the risk of surgical site infections<sup>6</sup>. It's:

- **Comfortable<sup>7,8</sup> and discreet<sup>5,7</sup>. The PICO 7 system is so small and lightweight<sup>5,7</sup>, you might forget you're wearing it.**
- **Shower-friendly<sup>7,9</sup>. You can shower with the dressing on, making your post-partum routine easier.**
- **Long-lasting<sup>10</sup>. The PICO 7 dressing has a wear time of up to seven days<sup>10</sup>, depending on fluid levels.**

*PICO 7 is to be used under the direction of Healthcare Professional only. The device can be used in homecare setting under the training and supervision from Healthcare Professional. PICO 7 dressings should only be applied and changed by your Healthcare Professional. Always follow the instructions for use. This product is not available for purchase by the General Public. Speak to your doctor about interventions to help prevent Surgical Site Complications.*



**Smith+Nephew**

# PROACTIVE WOUND CARE

April is Caesarean Awareness Month. Discover how smart wound care after your C-section can help prevent surgical site infection

**D**id you know that one in three mums in Australia<sup>1</sup> and New Zealand<sup>2</sup> welcome their little ones via C-sections? It's a common procedure, but it's also major surgery, and taking care of your incision wound is just as important as the birth itself.

### KNOWLEDGE IS POWER

As you embark on your C-section journey, remember you're in the driver's seat. Proper wound care is an important step towards your comfort and wellbeing.

### KNOWING YOUR OPTIONS

The PICO 7 system can help you take an active role in the recovery

process by helping to reduce the risk of surgical site infections. It uses a gentle<sup>3</sup> suction to remove excess fluids and infectious materials from closed surgical wounds into the dressing, which could promote wound healing.

Chat with your doctor about your unique journey and explore if advanced options like the PICO 7 Single Use Negative Pressure Wound Therapy are suitable for you. It's important to be informed about surgical site infections, so you are aware of their potential risk factors, such as being obese, having diabetes or high blood pressure, or smoking<sup>4</sup>. Your doctor can guide you with tailored advice.

### TAKING CARE OF YOU

You're the expert on your body, so trust your instincts. By discussing any concerns with your doctor, you can address potential issues early on.

Remember, healing takes time and that's okay. Take it easy, be kind to yourself, and don't forget to celebrate the little victories along the way. Surround yourself with supportive people who understand what you're going through. Your future self – and your little one – will thank you.

1. Australian Institute of Health and Welfare (2023) National Core Maternity Indicators, AIHW, Australian Government, accessed 27 May 2024. 2. Health New Zealand 2024. Report on Maternity Web Tool. Wellington: Health New Zealand. <https://www.tewhatuora.govt.nz/for-health-professionals/data-and-statistics/report-on-maternity-web-tool/> [Accessed August 2024]. 3. Hudson DA, Adams KG, Van Huyssteen A, Martin R, Huddleston EM. Simplified negative pressure wound therapy: clinical evaluation of an ultraportable, no-canister system. *Int Wound J*. 2015;12(2):195-201. (Funded by Smith+Nephew. 4. World Union of Wound Healing Societies (WUWHS) Consensus Document. Closed surgical incision management: understanding the role of NPWT. *Wounds International*. 2016 (Funded by Smith+Nephew). 5. Smith & Nephew 2018. PICO 14 Pump weight and dimensions. Internal Report. RD/18/137. 6. Saunders C, Nherera LM, Horner A, Trueman P. Single-Use negative-pressure wound therapy versus conventional dressings for closed surgical incisions: systematic literature review and meta-analysis. *BJS Open*. 2021;0(0):1 - 8. (Funded by Smith+Nephew). 7. 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. (Funded by Smith+Nephew). 8. 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. 9. Smith+Nephew April 2018.PICO 7Y - Waterproofness of dressings. Internal Report. DS/18/134/R. 10. Smith+Nephew July 2018.PICO 7Y Non-NPWT Wound Model Summary. Internal Report. DS.18.260.R.