

+ Patient guide

Back at home, not back in hospital



Smith+Nephew

PICO[◇] 7

Single Use Negative Pressure
Wound Therapy System

PICO[◇] 14

Single Use Negative Pressure
Wound Therapy System

Helping you get **CLOSER TO ZERO[◇]**
delay in wound healing







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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 (NPWT) 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

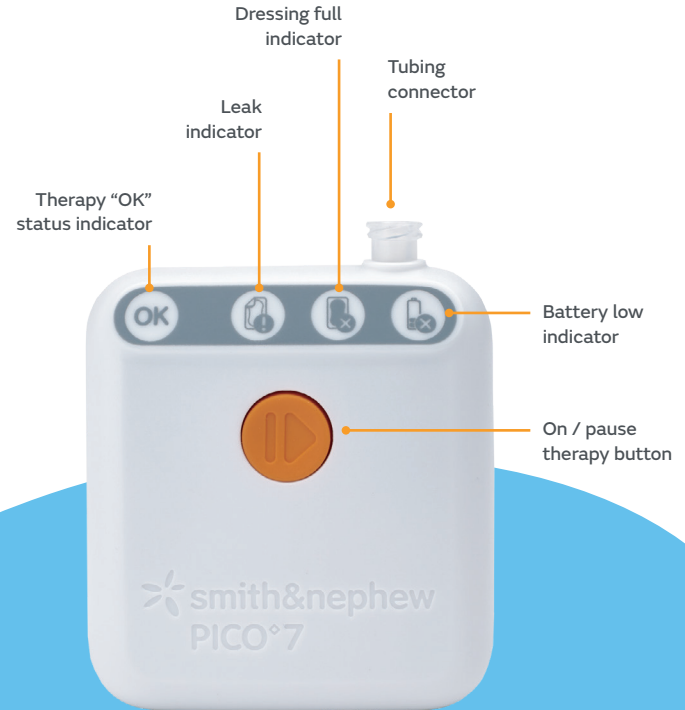


What is PICO[◇]?

PICO is a wound care system, which provides suction known as Negative Pressure Wound Therapy (NPWT). This draws out excess fluid from a wound and provides a compressive force protecting the injured area from getting dirty to ultimately help promote wound closure.¹⁻³ The **PICO** system consists of an NPWT pump connected to an absorbent gentle adhesive dressing.⁴⁻⁶

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 7 works** section for descriptions on the specific visual indicators.

Your HCP would have prescribed you with a **PICO 7** or **PICO 14** pump. The pumps are available with a life span of either 7 days or 14 days and will be based on the type of wound or incision which is being treated.



Living with PICO[◇]

General activity

PICO 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 pump should be carried so that it is accessible to both you and your healthcare professional to check the status routinely.

Pump placement

The PICO pump contains a magnet. **Keep the PICO 7 pump at least 10cm (4 inches) away from other medical devices at all times.** Failure to do so can cause interference with other medical devices.



Extension tubes are included to enable the pump to be positioned more than 10cm away from systems that could be affected. **This warning applies to all users including patients, caregivers, healthcare professionals and all persons close to the system.** Please refer to the **Frequently asked questions** for additional detail.



Sleeping

Make sure that the **PICO**^o 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. 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. Special care must be taken regarding pump positioning when in close proximity to other people (please refer to the **Pump placement** section).

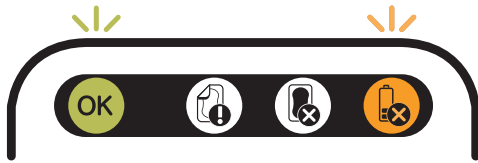
During transport there is a potential for radio frequency interference that could affect **PICO** performance. If the **PICO** pump malfunctions, replace batteries using the instructions in the **Battery** section. Please contact your healthcare professional if the malfunction is not corrected.



How does the PICO[◇] system work?

Battery

On the front of the pump, the **green OK indicator** and **orange battery low indicator** will flash together when the batteries need changing.



On the reverse of the pump, the battery cover can be slid on and off, with visual arrow indicators to simplify the insertion and removal of batteries.⁷

Press the **orange button** to pause the therapy. Slide the battery cover off from the top of the pump and replace with two new alkaline AA batteries. Put the cover back on and press the **orange button** to restart your therapy.

Air leaks

If an air leak has been detected, an **orange leak indicator** will flash. You will hear the pump make a buzzing sound as it tries to get to the right vacuum.



Smooth down around the outside of your dressing including the strips with your hands to remove any creases. Ensure that the tube connectors have been twisted together securely.

Press the **orange button** to restart your therapy. If the air leak remains, the **orange leak indicator** will flash again after approximately 60-100 seconds.

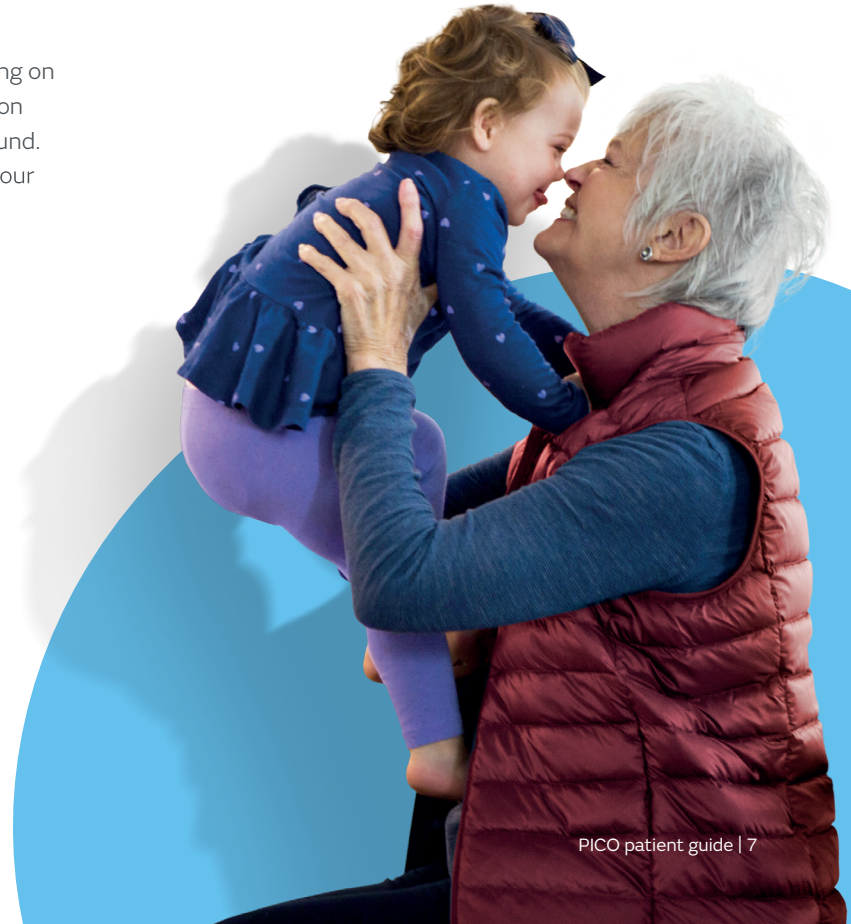
Please contact your healthcare professional if you have continuous issues with the **flashing orange air leak light**.

Dressing

The dressings have a wear time of up to 7 days depending on the amount of fluid from the wound.^{1,7} This will depend on the size, type, drainage amount and position of your wound. Your healthcare professional will determine how often your dressings should be changed.



If the dressing is saturated or the filter is blocked, the **orange dressing full indicator** will flash. Please contact your healthcare professional to replace the dressing with a new one.



Frequently asked questions

● Are there audible alerts?

PICO^o does not contain audible alerts. Please check PICO routinely.

● How do I change my dressing?

PICO dressings should only be applied, changed and removed by a healthcare professional.

● How do I know my system is working normally?

While the PICO 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.

The pump life ends and it automatically stops functioning at 7 days for PICO 7, and 14 days for PICO 14 (all the indicators will turn off at this point).

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

The pump should remain connected to the dressing at all time 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 pump working to establish negative pressure wound therapy).

Depending on the size of the wound, the pump should take up to 65 seconds to establish NPWT.

● Magnet safety

The PICO pump contains a MAGNET. **Keep the pump at least 10cm (4 inches) away from other medical devices at all times.** Failure to do so can cause interference with other medical devices. These include but are not limited to implantable cardioverter-defibrillators (ICD).

- Pacemakers
- Insulin pumps
- Shunt valves
- Neurostimulators
- Cochlear implants

THIS WARNING APPLIES AT ALL TIMES TO ALL USERS.

This applies to both patients and caregivers. You must keep the **PICO** pump at least 10cm away from other systems:

- If you have an electronic system and are helping take care of somebody else using the **PICO** system.
- If you are wearing the **PICO** pump in a public area where you may come in close contact with someone else who has an electronic medical system.

● **What happens if my system becomes wet?**

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

Please contact your healthcare professional if you note or suspect your system has become wet.

● **What should I do if I notice a big 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 it changes from clear to cloudy or bright red;
- 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, and or;
- The visual indicator(s) do not turn off.

● **Will it 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. They may prescribe pain-relief medication.

Scan the QR code to
download a digital copy.



Useful contacts

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

Your nurse:

Your doctor:

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Other useful numbers:

The decision to use Smith+Nephew products should be made by a healthcare professional, in line with applicable local protocols. Smith+Nephew products should always be used for the indications set out in the applicable **Instructions for use**.

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For detailed product information, including indications for use, contraindications, precautions and warnings, please consult the product's applicable Instructions for Use (IFU) prior to use.

References

1. Smith & Nephew January 2018. Summary Wound Model Report for Opal, PICO 7. Internal Report. DS.18.015.R. 2. Smith & Nephew 2015.A Prospective, Open, Non-Comparative, Multi-Centre Study to Evaluate the Functionality and Dressing Performance of a New Negative Pressure Enhanced Dressing (NPED) in Acute Wounds. Internal Report. CT09/02 ST865. 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.
4. Payne C, Edwards D. Application of the Single Use Negative Pressure Wound Therapy Device (PICO) on a Heterogeneous Group of Surgical and Traumatic Wounds. *ePlasty*. 2014;14:152-166. 5. Sharp E. Single-use NPWT for the treatment of complex orthopaedic surgical and trauma wounds. *Journal of Wound Care*. 2013;22(10):S5-S9. 6. Stryja J, Staffa R, Riha D, Stryjová K, Nicielniková K. [Cost-effectiveness of negative pressure wound therapy in outpatient setting]. *Rozhledy v chirurgii: mesicnik Ceskoslovenske chirurgicke spolecnosti*. 2015;94(8):322-328.
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