

# + Patient guide

Back at home, not back in hospital



PICO<sup>◊</sup> 7 Single Use Negative Pressure Wound Therapy (NPWT) System

**Smith+Nephew**

Helping you get **CLOSER TO ZERO<sup>◊</sup>**  
delay in wound healing

[www.possiblewithpico.com](http://www.possiblewithpico.com)





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# Introduction

This patient handbook will provide you with important information while you are receiving therapy from the **PICO 7** 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.

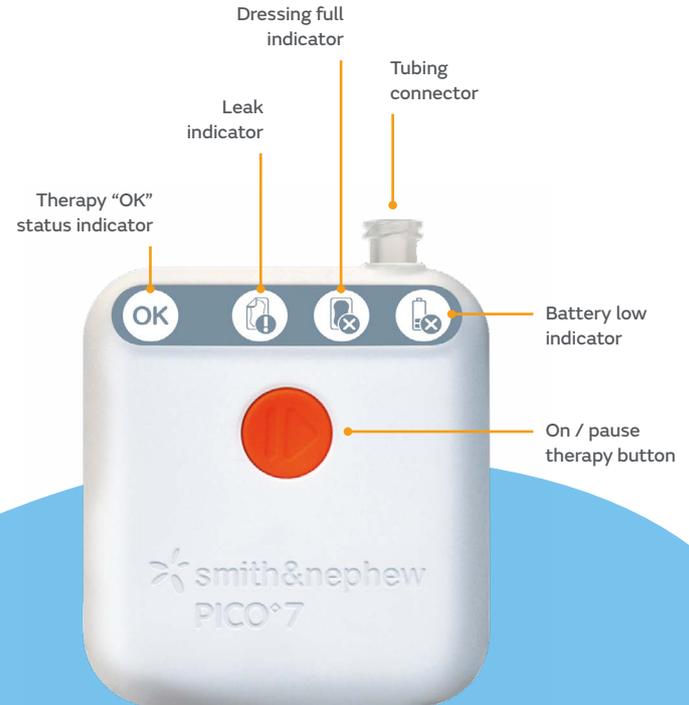
## PICO<sup>◇</sup> 7 Single Use Negative Pressure Wound Therapy System



# What is PICO<sup>◇</sup> 7?

The **PICO 7** 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.<sup>1-3</sup> The **PICO 7** system consists of an NPWT pump connected to an absorbent gentle adhesive dressing.<sup>4-6</sup>

The front of the pump had 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.



# Living with PICO<sup>◇</sup> 7

## Pump placement

The **PICO 7** 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.



## Sleeping

Make sure that the **PICO<sup>o</sup> 7** 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 7** 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 7** performance. If the **PICO 7** pump malfunctions, replace batteries using the instructions in the **Battery** section. Please contact your healthcare professional if the malfunction is not corrected.



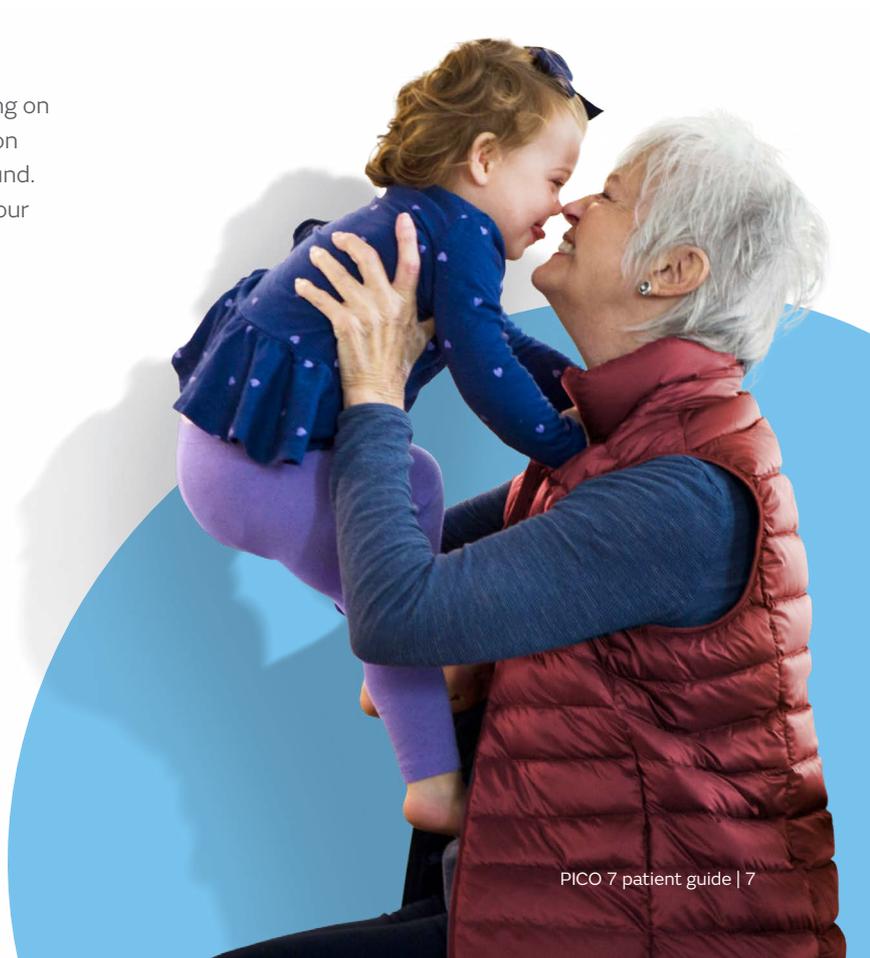


## Dressing

The dressings have a wear time of up to 7 days depending on the amount of fluid from the wound.<sup>1,7</sup> 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<sup>o</sup> 7 does not contain audible alerts.  
Please check PICO 7 routinely.

## ● How do I change my dressing?

PICO 7 dressings should only be applied, changed and removed by a healthcare professional.

## ● How do I know my system is working normally?

While the PICO 7 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 (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 pumps contain a MAGNET. Keep the PICO pumps at least 4 inches (10 cm) away from other medical devices at all times. As with all electrical medical equipment, failure to maintain appropriate distance may disrupt the operation of nearby medical devices. For full product and safety information, please see the Instructions for Use.

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.

This applies to both patients and caregivers.

### ● **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 7** 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 color 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 7** 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.

# Useful contacts

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

Your nurse:

Your doctor:

Other useful numbers:

## More ways to learn about your PICO<sup>◇</sup> 7

Customer care / NPWT clinical hotline: **1-800-876-1261**

Reimbursement hotline: **1-866-988-3491**

Online: [www.possiblewithpico.com](http://www.possiblewithpico.com)

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**.

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.

## Smith+Nephew

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### References

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