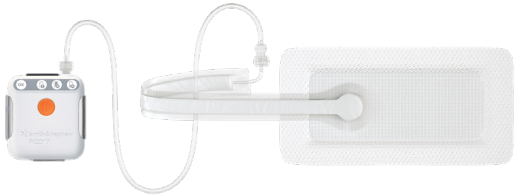
Patient guide

Back at home, not back in hospital



PICO◊ 7 Single Use Negative Pressure Wound Therapy (sNPWT) System

Smith+Nephew

Helping you get **CLOSER TO ZERO**◊

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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 (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

*Patient handbook should be used as a guide. Refer to instructions for use prior to use.

What is PICO◊ 7 sNPWT?

The **PICO 7** sNPWT is a wound care system, which provides suction known as Negative Pressure Wound Therapy (NPWT). The PICO dressing with AIRLOCK◊ Technology used in the PICO 7 system holds excess exudate away from the wound bed area, as demonstrated in laboratory testing.[1] The PICO dressing (with AIRLOCK Technology) has a gentle silicone adhesive.[2-4]

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

Living with PICO◊ 7 sNPWT

Pump placement

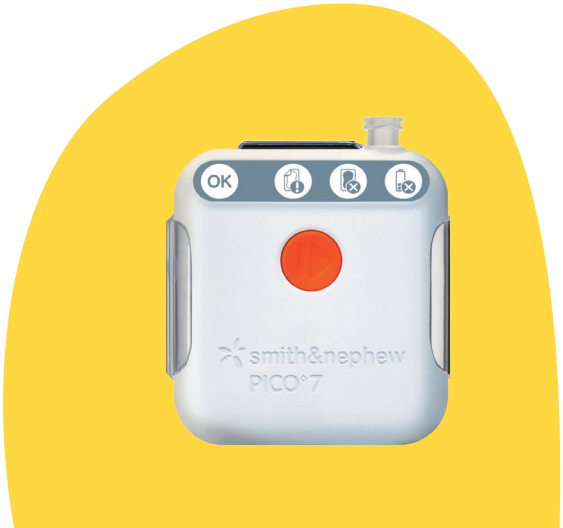
The **PICO 7** pump may be carried in your pocket or belt clip; wherever is most comfortable for you, considering the size and location of the wound.

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

Magnet Warning

The **PICO 7** sNPWT pump contains a magnet. Interaction between your system and other medical systems can result in system failure and lead to serious harm, including death. For this reason the system **must be kept at least 10cm away from all implantable or 'life sustaining' medical systems.**

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**◊ **7** sNPWT 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.[5,6] 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** sNPWT system[8]. 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** sNPWT performance.
If the **PICO 7** sNPWT 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◊ 7 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.

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.

To fix an air leak, remove any creases in the dressing by smoothing down the outside edges and strips of the dressing. 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 seconds.

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

Dressing

The PICO◊ dressing (with AIRLOCK◊ Technology) has a wear time of up to 7 days depending on exudate levels.[9,10] 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

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

The 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 65 seconds to establish a vacuum.

Are there audible alerts?

PICO® 7 sNPWT does not contain audible alerts. Please check PICO 7 sNPWT routinely.

How do I change my dressing?

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

How do I know my system is working normally?

While the PICO 7 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.

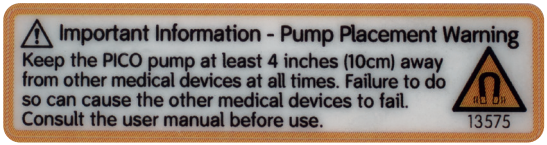
The dressing should have a slightly wrinkled appearance and feel firm to the touch.

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

Does PICO◊ sNPWT contain a magnet?

The **PICO 7** sNPWT pump **contains a magnet** that can cause other medical systems in close proximity to fail, leading to serious harm including death. The **PICO 7** sNPWT pump **must be positioned at least 10cm away from other medical Systems that could be affected by magnetic interference**. These include but are not limited to:

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



THIS WARNING APPLIES AT ALL TIMES TO ALL USERS.

This applies to both patients and caregivers. You must keep the **PICO◊ 7** sNPWT 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 7** sNPWT system.
- If you are wearing the **PICO 7** sNPWT 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 sources of fluid e.g. from incontinence or spillages. Do not use **PICO 7** sNPWT 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.

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.

Will therapy with the PICO 7 System be painful?

The first time the **PICO 7** sNPWT 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.

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◊ 7 sNPWT

NPWT Technical Support Helpline for patients and clinicians
UK: 0800 9155394
Ireland: 1800 30 36 22

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.

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References

1.Smith+Nephew November 2018.The Review Of Evidence Supporting The Use Of PICO In Wounds ≥2cm In Depth. Internal Report. EO.AWM.PCS230.001.v2 **2.**Hudson DA, Adams KG, Van Huyssteen A, Martin R, Huddleston EM. Simplified negative pressure wound therapy: clinical evaluation of an ultraportable, nocanister system. Int Wound J. 2015;12(2):195-201 **3.**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. 2014:152-166 **4.**Stryja J, Staffa R, Říha D, Stryjová K, Nicielniková K. Cost-effectiveness of negative pressure wound therapy in outpatient setting. Prolekare. 2015;94(8):322 - 328. **5.** Smith+Nephew April 2018.PICO 7Y - Waterproofness of dressings. Internal Report. DS/18/134/R. **6**. 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. **7.**Smith+Nephew December 2018.Safety and Compatibility of PICO v2 (PICO 7 and PICO 14) Devices. Internal Report. RD/18/138. **8.** Smith+Nephew 2019.EMC and Mechanical Testing: PICO v2 (PICO 7 and PICO 14) Devices. Internal Report. RD/19/009. **9.**Kirsner R, Dove C, Reyzelman A, Vayser D, Jaimes H. A Prospective, Randomised, Controlled Clinical Trial on the Efficacy of a single-use Negative Pressure Wound Therapy System, compared to Traditional Negative Pressure Wound Therapy in the Treatment of Chronic Ulcers of the Lower Extremities. Wound Repair Regen. 2019;27(5):519 – 529 **10.**Smith+Nephew July 2018.PICO 7Y Non-NPWT Wound Model Summary. Internal Report. DS.18.260.R

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