

Negative Pressure Wound Therapy

PICO◇ Single Use System

Negative Pressure Wound Therapy

What is negative pressure wound therapy?

- This therapy is given by a machine that uses controlled negative pressure (like a vacuum) to help heal wounds. The machine is portable (you can carry it with you). The machine is attached to the dressing covering your wound.
- The machine is ordered by your doctor or nurse practitioner.

Safety at home

- **Do not** try to fix the machine yourself.
- Be careful not to spill liquids on the machine. **It must stay dry.**

Common questions

What does the therapy feel like?

Most people who use this therapy say that it does not hurt. It causes a mild, pulling feeling that goes away after a few minutes. If you have pain, tell your nurse.

Does the machine make noise?

- You may hear the machine speed up sometimes. This means it is working to keep up the pressure. If the green light is flashing, the machine is OK.
- A constant buzzing may mean:
 - › The machine has lost a seal.
 - › The battery is dead.
 - › The dressing is saturated (full) and needs to be changed.

Can I move around while using the machine?

Yes. The machine is made to let you move freely. Your doctor or nurse practitioner will tell you how much movement is right for you.

Can I take a bath or a shower while using the machine?

- **No.** The machine cannot get wet.
- You may take a sponge bath while using the machine.

How many hours a day does the machine need to be on?

- **The PICO \diamond dressing should stay on at all times.** The only time the dressing or machine should be off is when your dressing is being changed.
- If you see that the machine stops working, see page 9.

- If you cannot get the machine to work, call your home care nurse (like V.O.N. [Victorian Order of Nurses for Canada] or Nova Scotia Health Continuing Care Nursing Services).

What will the dressing look like when the machine is working?

The dressing will pull down against your skin and be firm to the touch. You may see shadows on the dressing from drainage.

How often does the dressing need to be changed?

The dressing needs to be changed at least once a week. Your doctor or nurse practitioner will decide if the dressing is changed more often based on your incision or wound.

Will the dressing change hurt?

You may feel a bit of pain when the dressing is changed. If this happens, tell your nurse. They may ask you to turn the machine off before they visit to help lower your pain.

What if I am admitted to the hospital?

- Bring any extra PICO◇ dressings.
- Call your home care nurse to tell them you are in the hospital.

Tips

Each day:

- **Keep the machine on at all times**, unless your doctor or nurse practitioner tells you not to.
- If the machine is turned off by mistake, push the on/off button to turn it back on. The machine will start on the correct settings and your therapy will keep going.

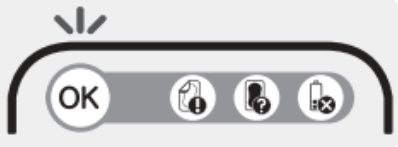

Check often:


- Is the machine on? You should see a flashing, green light.
- Are there any kinks (bends) in the tubing?


Tell your nurse, doctor, or nurse practitioner right away if:



- Your wound has more redness or has a bad smell.
- The dressing fills quickly with blood.
- You feel more pain.
- The machine is not working.

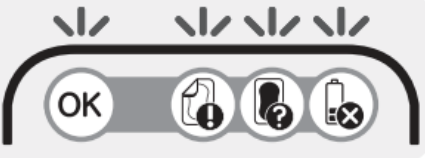
How will I know if the dressing is working?

Display:	What it means:
<p data-bbox="107 269 405 358">Green “OK” light flashing</p>  <p>The image shows a control panel with a green 'OK' light that is flashing, indicated by three short lines above it. To the right of the 'OK' light are three battery level indicators. The first is a full battery icon, the second is a battery with a downward arrow, and the third is a battery with a downward arrow and an 'X' over it, indicating low battery.</p>	<p data-bbox="564 269 838 358">The machine is working.</p>
<p data-bbox="107 537 501 675">Green “OK” light and orange “battery” light flashing</p>  <p>The image shows a control panel with a green 'OK' light flashing (indicated by three short lines above it) and an orange battery light flashing (indicated by three short lines above it). To the right of the 'OK' light are three battery level indicators: a full battery icon, a battery with a downward arrow, and a battery with a downward arrow and an 'X' over it.</p>	<p data-bbox="564 537 953 578">The batteries are low.</p> <p data-bbox="564 594 777 634">What to do:</p> <ul data-bbox="612 643 953 870" style="list-style-type: none">› Change the batteries and press the orange button to restart the machine.

Display:	What it means:
<p data-bbox="107 159 451 245">Orange “leak” light flashing</p> 	<p data-bbox="561 159 948 293">There is low pressure on the dressing due to an air leak.</p> <p data-bbox="561 315 777 354">What to do:</p> <ul data-bbox="610 363 948 1073" style="list-style-type: none"><li data-bbox="610 363 948 829">› Smooth down the dressing and make sure the tube connectors are twisted together well. Then press the orange button to restart the machine.<li data-bbox="610 850 948 1073">› If the orange light keeps flashing, call your home care nurse.

Display:	What it means:
<p data-bbox="107 159 391 245">No lights on the machine</p>  <p>The image shows a control panel with a curved top edge. On the left is a circular button labeled 'OK'. To its right are three circular icons: the first shows a document with a downward-pointing arrow, the second shows a battery with a question mark, and the third shows a battery with an 'X' over it.</p>	<p data-bbox="564 159 870 245">The machine has been turned off.</p> <p data-bbox="564 266 777 305">What to do:</p> <ul data-bbox="612 315 951 743" style="list-style-type: none"><li data-bbox="612 315 951 451">› Press the orange button to restart the machine.<li data-bbox="612 467 951 743">› If the machine does not restart, it may need to be replaced. Call your home care nurse.

Display:	What it means:
<p data-bbox="107 159 519 293">Orange “leak” and orange “battery” lights flashing</p> 	<p data-bbox="564 159 955 386">There is low pressure on the dressing because of an air leak and the batteries are low.</p> <p data-bbox="564 407 774 451">What to do:</p> <ul data-bbox="614 456 934 1073" style="list-style-type: none"> <li data-bbox="614 456 934 829">› Change the batteries, smooth down the dressing, and press the orange button to restart the machine. <li data-bbox="614 846 934 1073">› If the orange light keeps flashing, call your home care nurse.
<p data-bbox="107 1096 529 1187">Orange “dressing” light flashing</p> 	<p data-bbox="564 1096 912 1138">The dressing is full.</p> <p data-bbox="564 1154 777 1198">What to do:</p> <ul data-bbox="614 1203 923 1382" style="list-style-type: none"> <li data-bbox="614 1203 923 1382">› Call your home care nurse to change the dressing.

Display:	What it means:
<p>All lights lit up, not flashing</p> 	<p>The machine is not working.</p> <p>What to do:</p> <ul style="list-style-type: none"> › Call your home care nurse to change the dressing and the machine.

Other things to look for:	What to do:
<ul style="list-style-type: none"> › Bleeding under dressing 	<ul style="list-style-type: none"> • Turn off the machine. Do not remove the dressing. • Apply pressure over the dressing. • Go to the nearest urgent care clinic or Emergency Department right away.

Other things to look for:	What to do:
<ul style="list-style-type: none"> › Fever (temperature above 38 °C or 100.4 °F) › Wound is more tender or red › Area around wound changes colour, swells, has a rash, or is more warm 	<ul style="list-style-type: none"> • Call your doctor or nurse practitioner. <ul style="list-style-type: none"> › If you cannot reach your doctor or nurse practitioner, call 811.
<ul style="list-style-type: none"> › Nausea (feeling sick to your stomach) › Vomiting (throwing up) › Diarrhea (loose, watery poop) › Headache › Sore throat › Dizziness 	<ul style="list-style-type: none"> • Call your doctor or nurse practitioner. <ul style="list-style-type: none"> › If you cannot reach your doctor or nurse practitioner, call 811.

Important phone numbers:

Provider:	Name:	Phone:
VON or Nova Scotia Health Continuing Care Nursing Services		
Clinic		
Doctor or nurse practitioner's office		

**What are your questions? Please ask.
We are here to help you.**

In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24 hours a day, 7 days a week.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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