

# + Wound Care after Cesarean Section

The PICO system may help your wound heal and studies have shown it may help **reduce the risk of wound complications** in women with a BMI of  $35\text{kg/m}^2$ .<sup>1</sup>



**Smith+Nephew**

PICO <sup>◇</sup> 7

Single Use Negative Pressure  
Wound Therapy System



Your C-Section wound has been dressed with a **PICO<sup>o</sup> 7 dressing**. A PICO 7 dressing is a gentle adhesive dressing that comes with a battery pack that has a pump in it.<sup>2</sup>

**PICO 7 sNPWT helps your wound heal by removing infectious materials.**



The dressing is applied to the wound bed and extra strips are placed over the outside edge to help hold the dressing in place. When the pump is turned on, air is pulled out of the dressing and excess fluid from the wound will start to enter the dressing.<sup>2,3</sup>

The waterproof dressing helps to prevent bacteria from entering the wound.<sup>9,10</sup> It may also help improve blood flow to the wound which could help it to heal.<sup>14</sup>

#### 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 nurse or doctor for advice. They may prescribe pain-relief medication.

#### What will the dressing look like when the therapy is working?

The dressing will pull down against your skin when the therapy is working; it will be firm to touch.

#### Who removes the PICO?

Your healthcare professional will determine how often your dressings should be changed.

#### How long does the PICO stay on for?

To obtain the full benefit of PICO the dressing has a wear time of **up to 7 days**. The healthcare professional will check if the dressing needs changing.

#### Can you move around while on the therapy?

Patients using PICO NPWT can move as required with the system in place<sup>13-15</sup> using the PICO 7 belt clip which is designed to enable portability, by enabling the pump to be body worn by the patient during use. Ensure the PICO tubing is appropriately placed to avoid tripping or pulling on the tubing whilst moving.

## Can I still shower?

Light showering is advised; however, before getting into the shower the pump must be disconnected and placed in a safe place where it will not get wet. During showering 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.

## How do you remove the pump from the dressing?

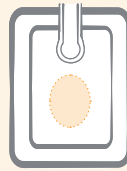
The pump may be disconnected from the dressing. There is a connector built into the tubing between the pump and dressing. This should be left screwed together all the time unless there is a requirement to disconnect the pump - such as going into the shower.

1. Press the orange button to pause the therapy.
2. Unscrew the two parts of the connector.
3. Place the pump somewhere safe.
4. Once you are ready to reconnect the pump, join the pump and dressing tubes by twisting together the connectors. The soft tube can be directly connected to the pump if long tubing is not required.
5. 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 re-start negative pressure wound therapy).
6. Depending on the size of the wound, the pump should take up to 65 seconds to establish NPWT. If after 65 seconds the system has not established NPWT, only the orange air leak indicator will flash.
7. To Troubleshoot refer to the PICO 7 sNPWT Instruction For Use (IFU)

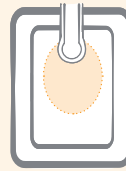
## When you are asleep

Make sure that the PICO<sup>®</sup> pump is placed somewhere safe and cannot be dropped or pulled.

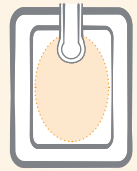
### Dressing change



**A**  
Dressing properly positioned and is acceptable to be left in place



**B**  
Dressing requires change - Port may block with fluid



**C**  
Dressing requires change - Absorbent area is full

The PICO 7 dressing (with AIRLOCK<sup>®</sup> Technology) has a wear time of up to 7 days depending on exudate levels.<sup>11,12</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.

The dressing should be disposed of as clinical waste. The batteries should be removed from the pump; and both batteries and pump disposed of according to local regulations.



Postoperative care is individualized and is determined by the healthcare professional based on the patient's symptoms, injury pattern, unique patient anatomy, patient medical history, and individual treatment requirements. Not all patients will experience the same results or have the same timelines for rehabilitation. The information provided herein is for informational and educational purposes and is not meant as medical advice. Every patient's case is unique and each patient should follow his or her healthcare professional's specific instructions.

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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.

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#### References

1. NICE (2021) Caesarean birth[online] accessible from: <https://www.nice.org.uk/guidance/ng192>. 2. 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. 3. Smith+Nephew April 2018.PICO 7Y - Waterproofness of dressings. Internal Report. DS/18/134/R. 4. Smith+Nephew 2020.Bacterial barrier testing of the PICO dressing. Internal Report. 2001002. 5. 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. 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. Kirsner R, Cyaandi D, Reyzelman A, Vayser D, Jaimes H. Randomized Controlled Trial on the Efficacy and Acceptance of a Single-use Negative Pressure Wound Therapy system versus Traditional Negative Pressure Wound Therapy in the Treatment of Lower Limb Chronic Ulcers (VLU and DFU). Paper presented at: EWMA; 2019; Gothenburg, Sweden. 8. 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. 9. Smith+Nephew July 2018.PICO 7Y Non-NPWT Wound Model Summary. Internal Report. DS.18.260.R