

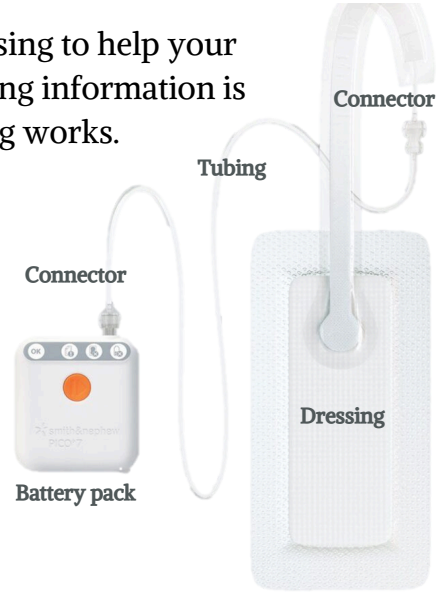


Going home with a PICO 7 Dressing

Your health care provider has ordered PICO 7 Dressing to help your incision heal following your C-Section. The following information is provided to help you understand how your dressing works.

What does the PICO 7 Dressing do?

The PICO 7 is a dressing that uses suction to help your wound to heal by removing discharge and infection materials from your incision. The pump encourages blood flow to your incision which helps with healing. Your pump will automatically stop working and turn off at 7 days, at which time the dressing will be removed.



How do I sleep with the PICO 7?

Make sure the pump is placed in a safe location and cannot be pulled off a table or cabinet onto the floor during sleep. You can lay it beside you in bed.

Can I shower and wash with the PICO 7?

Yes, light showering is allowed; but you must disconnect the battery pack and keep it in a safe location so it can not get wet. The dressing should not be exposed to a direct spray or submerged in water. While disconnected, ensure the end of the tubing attached to the dressing is facing downward so that water does not enter the tube.

How do I disconnect the pump from the dressing?

1. Press the **orange button** to stop your device.
2. Remove the pump from the dressing by untwisting this connector.
3. Place the pump someplace safe so you can reconnect it after showering.
4. After showering, reconnect the pump to your dressing.
5. Press the **orange button** to restart your device.



When will the dressing have to be removed?

The dressing will be removed at home by you or a support person on day 7. Remove your dressing on: _____

The dressing will be removed at _____ by your physician or midwife on: _____

Where can I learn more about the PICO 7?

Please contact the **Obstetrical Unit** at **519-272-8232** or **24/7 Negative Pressure Wound Therapy Hotline: 1-800-463-7439**



Developed by the Maternal Child Program



When should you contact your healthcare provider?

When the dressing is on:

- The skin around dressing looks more red or irritated;
- The dressing feels or is loose;
- You experience more pain; and/or
- The alarm displays for “air leak” and “dressing full” will not stop flashing after troubleshooting.

Once the dressing is off:

- If the amount of discharge increases;
- If the discharge becomes cloudy or bright red;
- If the dressing fills quickly with blood;
- Your incision looks more red than usual or has a bad smell;

The PICO 7 Light Guide & Troubleshooting

Green “OK” light flashes

Continuously flashing green means the pump is working properly.



Orange “air leak” light flashes

A flashing orange light happens if an air leak is present. Press down along the border of the dressing. Make sure the tubing connectors are twisted together securely. Press the orange button to restart the pump.



Green “OK” light and orange “battery low” light flashes

The orange light will flash on the pump if batteries are low. Press the orange button to pause the pump. To change the batteries, turn over, slide the battery cover off and replace with 2 new alkaline AA batteries. Put the cover back on. Press the orange button to restart the pump.



Orange “dressing full” symbol begins flashing

Contact your healthcare provider to replace the dressing with a new one.



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This information sheet was developed to help you understand how your PICO 7 dressing will work after your C-Section. This information does not replace direction given to you by your health care provider. If you have any further questions, please ask your health care provider.

References:

SmithNephew. (2022). Helping making mobility possible again. Retrieved on: May 3rd 2024. Retrieved from: https://www.possiblewithpico.com/sites/default/files/picolimages/documents/resources/PCPE11-28163-1220%20PICO%20Pt.%20Brochure_FINAL%20APPROVED.pdf

Smith&Nephew. (2019). Patient Guide. Retrieved on: May 3rd 2024. Retrieved from: https://www.possiblewithpico.com/sites/default/files/picolimages/documents/resources/PCPE31-28163-0321%20PICO%207%20Patient%20Guide%20_FINAL%20APPROVED.pdf