

# PICO single use negative pressure wound therapy system

This leaflet explains more about the PICO single use negative pressure wound therapy system.

If you have any further questions or concerns, please speak to the staff member in charge of your care.

## What is PICO?

PICO is a kind of dressing that uses a pump to apply suction to your wound. This is called negative pressure wound therapy (NPWT) and is used to draw out excess fluid from your wound, to protect it and to promote healing.

## How does PICO work?

An absorbent gentle adhesive dressing which is connected to an NPWT pump is put on your wound. Extra strips are placed around the edges to help hold the dressing in place.

The pump is turned on and air pulled out of the dressing. Excess fluid from the wound will then start to enter the dressing. The dressing helps to stop bacteria getting into your wound and may improve blood flow to the wound to help it to heal.

The pump is battery operated. If the battery indicator flashes, replace with two lithium AA batteries.

## Are there any alternatives?

You can choose whether to have the PICO dressing.

If you do not want the PICO dressing there are other dressings you can have which your nurse will discuss with you.

## Asking for your consent

It is important that you feel involved in decisions about your care. We will ask for your verbal consent before starting this treatment and you can choose to stop it at any time. If you would like more details about our consent process, please ask for a copy of our policy.

## What do I need to do after I go home?

PICO should be used all the time, 24 hours a day unless you are told differently. PICO is easy to carry around in a pocket or bag.

Leave the PICO connected and switched on at night, and put it somewhere safe so it doesn't fall onto the floor while you sleep.

Monitor your PICO for alarms or leaks and contact the clinic if you notice any.

## How long will I have this dressing?

This is different for every patient, depending on your general health, the size and type of your wound and the treatment prescribed.

Your dressing will be changed regularly and we will see how your wound has improved at each change. Your wound may have improved at the first dressing change, sometimes it may take longer.

Your wound will be looked at thoroughly at each dressing change. PICO may be used until the wound is completely closed, or may be stopped sooner and replaced with another type of dressing. If your wound does not improve, PICO treatment may be stopped.

## How often will my dressing be changed?

Your dressing will normally be changed after three or four days but may be left for up to 7 days depending on the amount of fluid drawn from the wound.

Your nurse will let you know how often your dressing should be changed.

The dressing will need changing if fluid gets to one centimetre from the edge - contact the clinic if this happens.

If the dressing needs changing more than twice a week the PICO dressing may not be the best treatment for you at this stage.

The pump is meant to stop working after seven days. If PICO is still needed a new pump will be attached.

## Will it be painful?

It's normal to feel a slight pulling or drawing feeling when the PICO pump is activated, both the first time and each time your dressing is changed. This shouldn't be painful or uncomfortable, so contact the clinic if you do have pain or discomfort.

## How will I know PICO is working?

You will feel the dressing pulling down against your skin or wound when the PICO is working. The dressing will also be firm to the touch, and the green light at the top of the device will flash continuously.

## Can I have a shower with the PICO in place?

Do not have a shower while you have the PICO dressing on as the dressing might become loose and create an air leak. The dressing is splash-proof, but you must keep the battery operated pump completely dry at all times.

## What do the alarms on the PICO pump mean?

An orange light above the exclamation mark (!) flashes if the pump isn't working properly due to low vacuum. The pump may also make a buzzing noise.

This may be caused by an air leak in the seal at the edge of the dressing, which may be fixed by smoothing the dressing and strips and pressing the big orange button to restart the pump.

If the problems carry on please contact the clinic to help.

The green light and the orange light above the battery will flash together

When the batteries need changing, a green light and an orange light will flash together.

## Will I have a follow-up appointment?

You will be seen for regular wound reviews in our dressing clinic.

The nurse looking after you will let you know how often these need to be.

## Useful sources of information

[www.smith-nephew.com/uk/products/wound\\_management/product-search/pico](http://www.smith-nephew.com/uk/products/wound_management/product-search/pico)

## Contact us

If you have any questions or concerns about the PICO single use negative pressure wound therapy system, please contact the plastic dressing clinic nurses on 020 8725 0473 (Monday to Friday, 9am to 5pm) or the lead clinical nurse in plastic surgery on 020 8672 1071 or call 020 8725 1255 and ask for bleep number 6332 (Monday to Thursday, 8am to 5pm).

Out of hours, please contact Keate ward on 020 8725 3226 or 3227.

For appointments, please call 020 8725 5855.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

