

Caring for Your Incision
Using
RENASYS™ PICO
Negative Pressure Wound Therapy



Hospital: _____

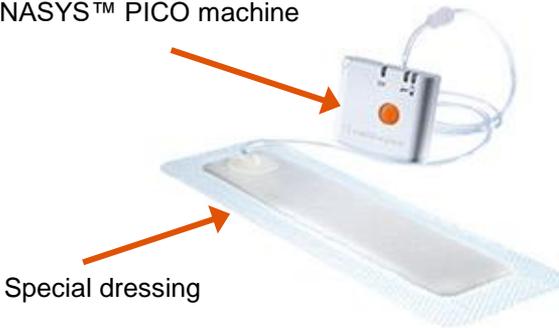
Unit Contact Telephone: _____

Surgeon: _____

Surgeon's Office Telephone: _____



RENASYS™ PICO machine



What is RENASYS™ PICO negative pressure wound therapy?

This therapy uses suction to help your incision heal.

Negative pressure wound therapy:

- removes fluid from your incision
- protects your incision from germs
- gently pulls the edges of your incision closer together

Before you leave the hospital, a nurse teaches you how to look after your incision and the RENASYS™ PICO machine.

Is it painful?

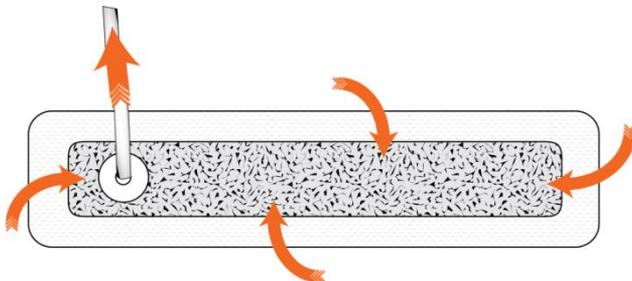
You might feel a slight pulling or tugging sensation in your incision. This goes away as you get used to it. Let your nurse know if you feel any pain.

How does the RENASYS™ PICO negative pressure wound therapy work?

It works by creating a vacuum effect (negative pressure) on the surface of your incision.

Once the surgeon has finished your surgery and your incision is closed, the surgeon places the special dressing on your incision and connects it to the RENASYS™ PICO machine.

With the machine is turned on, it creates suction under the dressing. As the machine sucks out the air from under the dressing, the dressing starts to shrink.



As fluid drains from your incision, this fluid is sucked up into the dressing that covers your incision.

Does the machine have to be on all the time?

Yes, the machine must be on at all times for it to help heal your incision.

Sometimes it is okay to stop and disconnect from the machine for **short periods of time**. Your nurse will tell you when you can do this and how long you can be disconnected from the machine.

When will my dressing be removed?

Your surgeon decides when and where your dressing is removed. Before you go home from the hospital, we give you an appointment to see your surgeon.

Can I shower or bath with this special dressing on my incision?

It depends on where your incision is located. Water can loosen the dressing from your skin.

If your surgeon says it is okay, you can take quick, light showers. However, you cannot take a bath while the dressing and machine are in place.

If you are allowed to shower:

1. Before your shower,
 - Press the orange button to pause the machine.
 - Unscrew the tubing that connects to the machine.
 - Place the machine somewhere safe (example bathroom counter).
2. When in the shower,
 - Hold the tube out of the water as much as possible.
 - Keep the end of the tubing pointed downward. This keeps the water from going into the tubing.
3. After your shower,
 - Gently dry around the dressing. Be careful not to disturb the edges of the dressing.
 - Reconnect the machine.
 - Press the orange button to restart it.

How do I know the machine is working?

Alert...	What to do...
Green light flashing continuously.	→Nothing. The machine is working correctly.
Flashing orange light above the low vacuum symbol. 	→Check around the dressing for any small openings. Smooth down the edges of the dressing. →Check the tubing for any kinks. Rotate the tubing to remove the kink. →Check the connectors to see if they are disconnected. Reconnect or tighten if needed. →If there is an air leak in the dressing, repair the leak. (Only if you have been shown how to do this by the nurse.)
Flashing orange light above the battery symbol. 	→Change the batteries within the next 24 hours.
All lights are off	→Try changing the batteries. →If still off, call your family doctor. →Arrange to have the dressing removed within 24 hours.

To change the batteries:

- Push the orange button to pause the machine.
- Push the battery cover open and remove the old batteries.
- Insert 2 new AA lithium (L91) batteries.
- Replace the cover.
- Press the orange button to restart the machine.

What if I have questions about the RENASYS™ PICO dressing and machine?

You can call the Smith & Nephew patient hotline any time of the day or night.

1-800-463-7439

(This is the company that makes the RENASYS™ PICO machine).

What if the low vacuum alarm continues to go off?

1. Turn off the machine by pressing the orange button.
2. Call your surgeon to arrange to have the dressing removed within 24 hours of turning the machine off.

If you cannot get in touch with your surgeon, go to:

- your family doctor, **or**
- a Walk-in Clinic, **or**
- your nearest Emergency Department

Always bring this booklet with you when you go to any of these locations about your dressing:

- your family doctor's
- your surgeon's
- a Walk-in Clinic
- your nearest Emergency Department

When to get help right away

Any time the dressing **fills with bright red fluid in less than 2 hours:**

1. Leave the dressing in place.
2. Turn off the machine by pressing the orange button.
3. Put pressure over the dressing to help stop the bleeding.
4. Go to the nearest Emergency Department right away or call 9-1-1.

When to contact your surgeon

Contact your surgeon anytime you notice:

- A sudden increase in pain around your incision.
- Your skin around the incision is red, swollen, and warm to the touch.
- A very bad smell coming from your incision.
- You have a fever over 38.5°C (101.3F).
- A sudden increase in the amount of fluid in the dressing.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #264458 (June 2015)

To order: <https://patienteduc.fraserhealth.ca>