

# North Bay Regional Health Centre

## Birthing Unit PICO Dressing for Caesarean Sections Postoperative Patient Instructions

### PICO 24/7 Help Line 1-800-463-7439

If you have questions or concerns that the helpline above could not assist you with, please call your Seamless MD nurse (if enrolled).

#### What is a PICO dressing?

- PICO is a Single-Use Negative Pressure Wound Therapy Dressing that may be ordered by the Obstetrician (OB). It will be applied in the operating room and set-up initially by your Nurse.

#### How Does PICO Work?

- The pump applies compression to the area, increasing blood flow to promote wound healing.
- You may feel a slight pulling sensation – this is normal.

#### Sleeping

- Place your pump in a safe location next to you while you sleep.

#### Showering

- You may have a light shower with a PICO dressing on. No direct spray OR submersion in water (bath).
- PICO pump must be disconnected so that it does not get wet during showering. **Press the Orange button to PAUSE the pump**, unscrew the tubing from the pump and place pump in a safe location.
- Ensure your tubing is facing down so that water does not get into the line. No need to cover the end.
- Reconnect tubing after your shower and **press the Orange button again to turn back ON**.

#### Dressing Removal and Incision Care

- The PICO dressing can be removed after 7 days, or as instructed by your OB.
- **Wash Your Hands.** Before starting, wash your hands thoroughly with soap and water.
- **Turn OFF the PICO pump by pressing the Orange button.**
- **Gently Peel the Edges.** Slowly and gently peel back the adhesive dressing.
- **Support the Skin.** Hold your skin down gently with one hand while you peel the dressing with the other to avoid pulling.
- **Removal of Dressing/Disposal.** Once fully removed, dispose of the dressing, tubing and pump into the garbage. Dispose of batteries at designated recycling or hazardous waste collection site.
- **Clean the Area.**
  - Gently wash the incision area with mild soap and water.
  - Do not scrub the incision site.
  - Pat dry with a clean towel.
- **Incision Care.** Leave incision open to the air after your dressing is removed. No additional dressing is required. Wear loose fitting clothing and avoid tight waist bands that may rub on your incision.

## Light guide PICO 7

### Green "OK" light flashes

Continuously flashing green: pump working properly, pressure preset.



### Orange "leak" light flashes

Will flash orange color if leak is present; see Troubleshooting below.



### Green "OK" light and orange "battery low" light flashes

Orange light will flash if batteries are low.



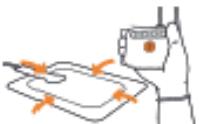
**Orange "dressing full" indicator begins flashing,**  
Contact your healthcare professional for assessment of the dressing. Your healthcare professional will determine if a dressing change is required and if therapy should continue.



## Troubleshooting

- Press down along border of dressing until no wrinkles are present.
- Pump will resume to flashing green when problem resolves.

**PRECAUTION:** PICO® does not contain audible alerts. The pump should be carried so that it is accessible and the patient/healthcare professional can check the status routinely.



Patients should consult with a healthcare professional regarding their specific medical conditions and treatments. The information listed herein is for informational purposes only and is not intended as medical advice.

**Important Safety Information:** The PICO pumps contain a MAGNET. Keep the PICO pumps at least 4 inches (10 cm) away from other medical devices at all times. As with all electrical medical equipment, failure to maintain appropriate distance may disrupt the operation of nearby medical devices. For full product and safety information, please see the Instructions for Use.

## Light guide PICO 7Y

### Orange "check dressing" light flashes

When this indicator flashes, the condition of the dressings needs to be checked.



See section A. Do your dressings look full?

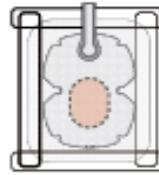


If no dressing change is required by a healthcare professional, refresh the device by pressing the orange button twice.

## A. Do your dressings look full?

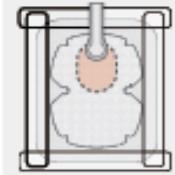
Patients and caregivers should not attempt to change or apply dressings. Dressings should only be changed by a healthcare professional.

If a dressing looks similar to this, it is acceptable.

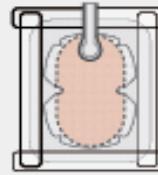


Dressing is acceptable to be left in place.

If a dressing looks similar to either of these you must contact a healthcare professional right away.



Soft port may be blocked with fluid.



Dressing is full.

If dressing is not full or blocked then no action is required. **If dressing looks full or blocked, contact your healthcare professional right away.**

## More ways to learn about PICO

24/7 Negative Pressure Wound

Therapy Hotline: 1-800-463-7439

[www.smith-nephew.com/canada](http://www.smith-nephew.com/canada)

