



**Prevena Restor™**  
Postoperative Recovery

# Your Guide to Rethinking Recovery

Take an active role in your recovery with the 3M™ Prevena Restor™ Incision Management System, a portable, disposable device that actively manages your surgical site to help your healing journey.





# Helping make the recovery process easier

## Giving you more confidence on your healing journey

Unlike standard postoperative dressings, which cover and protect the incision only, 3M™ Prevena Restor™ Dressings conform to the entire surgical site, delivering negative pressure wound therapy.

The system uses state-of-the-art technology to protect and optimize the area for healing.

Provides therapy for up to 14 days, as determined by your doctor (dressing change required after 7 days).

## Experience the difference

With your incision site protected, you can resume many normal day-to-day activities, which can help you feel more like yourself again.

### The 3M™ Prevena Restor™ Incision Management System:



Fully covers the incision and surrounding area



Helps hold incision edges together<sup>1</sup>



Provides protection from outside sources of infection<sup>2</sup>



Removes fluid and infectious materials from the incision site<sup>3\*</sup>

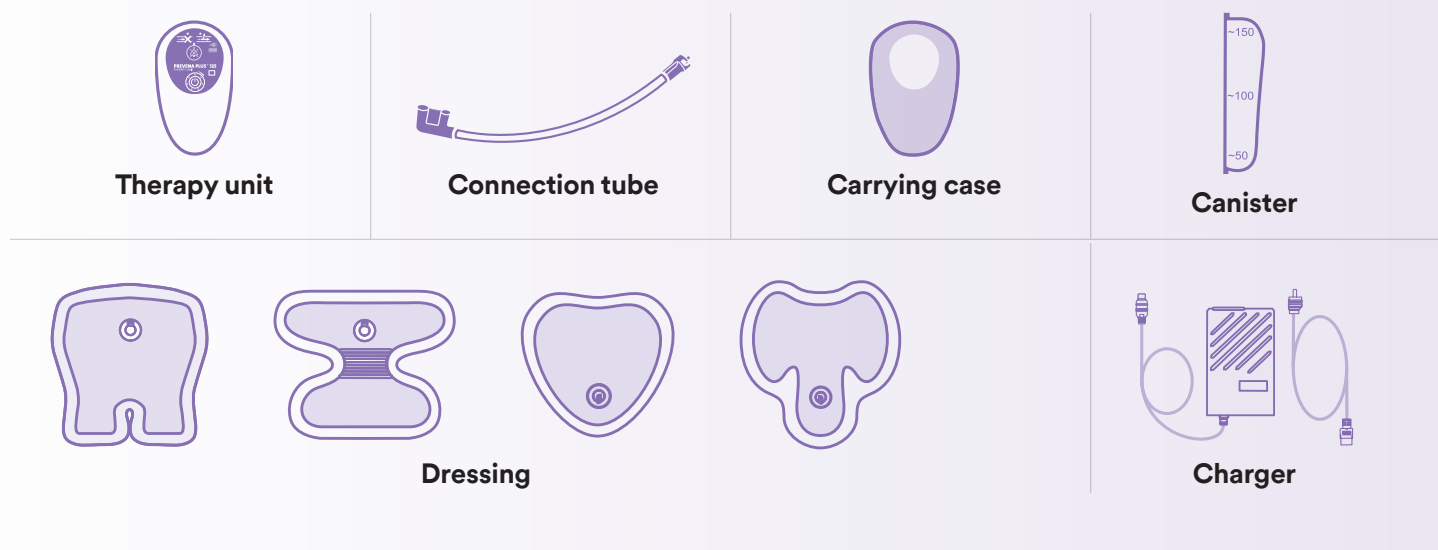


Reduces swelling<sup>4</sup>

\*In a canister.



## The Prevena Restor Incision Management System includes:



## Dressings come in several peel-and-place shapes

The one you were given is appropriate for your surgical procedure.



# How to use and care for the 3M™ Prevena Restor™ Incision Management System



**Keep your dressing on for as long as your medical professional tells you to — up to seven days.** Do not try to adjust or remove your dressing. You should return to your medical professional to have it taken off.



**Keep the therapy unit turned on.** The therapy unit will automatically shut off after either seven or 14 days, as determined by your medical professional.



**Keep your therapy unit safe and dry.**

- Do not drop the therapy unit or allow the tubing to become bent, twisted or pinched
- You should always strive to keep the therapy unit dry, but light showering while wearing your dressing is okay if your medical professional says so



**You may or may not see fluid collect in the canister.**

Some incisions drain more than others. Some don't drain at all. If the canister becomes completely full, turn off the unit and contact your medical professional for instructions.

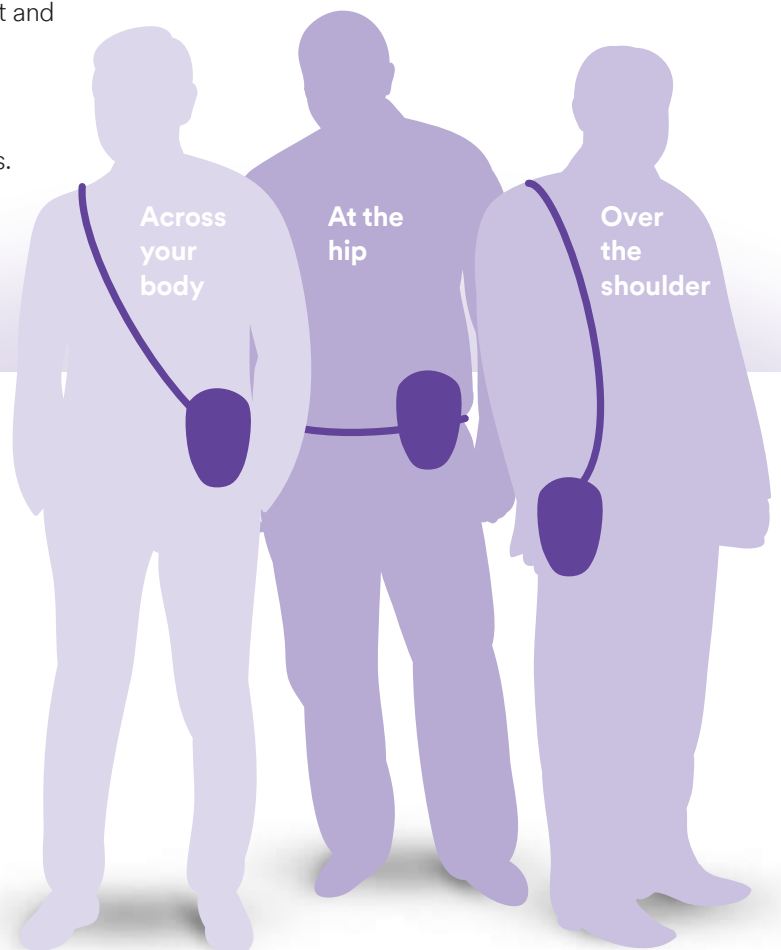


**The system comes with a rechargeable battery.**

When fully charged, the battery lasts around nine hours.

## Wearing the Prevena Restor Incision Management System >

The therapy unit can be worn over or under your clothing and includes a carrying case with an adjustable strap and a belt clip.







## Sleeping with the Prevena Restor Incision Management System

- Place the dressing and pump in a position where the tubing will not become bent, twisted or pinched
- Keep the therapy unit near your body so it doesn't fall off a table or bed onto the floor



## Showering with the Prevena Restor Incision Management System

If your medical professional agrees, light showering is usually fine. However, do not take a bath with the system.

- Before showering, turn off the therapy unit by holding down the On/Off button for three seconds. Once therapy stops, disconnect the unit from the dressing and store it in a safe place away from any water
- A little water or shower soap won't affect the dressing. It's okay to rinse lightly
- When towel drying, don't disturb or damage the dressing



## WARNING

If the therapy unit falls into the tub, shower or sink, unplug the unit immediately (if plugged into an electrical source) and disconnect the unit from the dressing. Then contact your medical professional or caregiver.

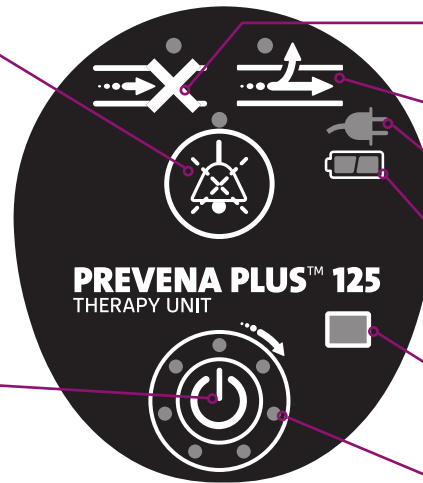
# Basic operation and indicators

## Alert Mute Button

Press and hold center of the alert mute button for three seconds during an alert condition to silence the audible alert for two minutes. When pressed, the alert mute button will illuminate to indicate mute has been selected. The alert will reoccur after two minutes unless the alert condition has been corrected.

## On/Off Button

To turn the unit on or off, press and hold the On/Off button for three seconds. You should turn the unit off only when you're ready to shower. Refer to showering instructions on the previous page.



Blockage Alert

Leak Alert

Power Connected

Battery Level

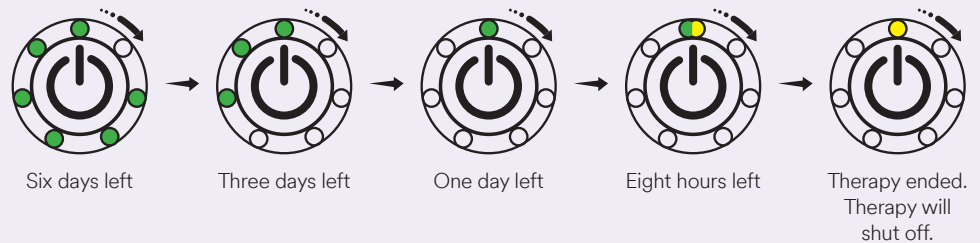
Device Lifespan

Therapy Life Indicator

## Therapy Life Indicator

The therapy unit has a fixed lifespan.

**Caution:** This lifespan will start after the unit has run for one hour, non-stop. The lifespan will continue to count down even if the unit is turned off. The LEDs around the On/Off button show how many days are left in the lifespan



## Battery Level Indicator



Full charge



Medium charge



Low charge

## Power Connected Indicator

When the therapy unit is plugged into a power source, the Power Connected icon turns yellow, indicating the power is connected and the system is charging. The icon turns green when fully charged.

Power connected



Fully charged



## Dressing appearance



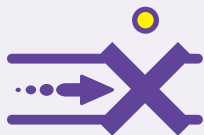
During operation, the dressing should have a wrinkled appearance and the foam should be compressed.



If the foam is not compressed or there is an alert on the therapy unit, refer to the troubleshooting section on the following page.



# Troubleshooting



## Blockage Alert

A solid yellow LED light above the blockage symbol will turn on, and a blockage alert will sound (two beeps repeating every 15 seconds).

- Check for twisted tubing or a full canister. If the canister is full, contact your medical professional
- When the blockage is resolved, the visual and sound alerts will turn off



## Leak Alert

A solid yellow LED light above the leak symbol will turn on, and a leak alert will sound (two beeps repeating every 15 seconds).

- Make sure the canister is locked securely onto the therapy unit and that all tubing is properly connected and locked
- With the therapy unit on, slowly and firmly press around all edges of the dressing to ensure good contact between the adhesive and skin. If you find a leak, use 3M™ Prevena™ Patch Strips (included in your kit) to help seal leaks around the dressing. If large wrinkles are present, place Prevena Patch Strips so they run in line along the length of the wrinkle and not across the wrinkle. If the alert does not turn off after you attempt to seal the leak, contact your medical professional



## Low Battery Level Alert

A low battery alert indicates approximately two hours of therapy remain.

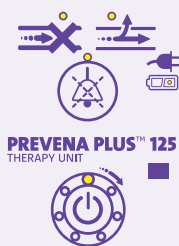
- Charge your battery right away. Plug the therapy unit into an outlet or other power source



## Therapy ended

A solid yellow LED light at the top of the therapy life meter will turn on. The therapy unit will sound eight beeps and then beep continuously for five seconds before automatically turning off.

- Notify your medical professional when this occurs
- If the therapy unit has completed therapy and timed out, and an attempt is made to turn the therapy unit on, the therapy unit will sound an alert for three seconds and then shut off



## System Fault Alert

If there's a system fault, all LED lights will turn on and flash and the unit will beep twice every 15 seconds.

- Simply turn off the therapy unit by holding the On/Off button for three seconds. Then, turn the unit on again by holding the On/Off button for three seconds
- If this does not fix the system fault alert, please contact your medical professional



## Questions or concerns?

Call 3M at 1-800-275-4524 if you have questions or concerns about the operation of the system. If you have questions about your incision or other medical issues, contact your medical professional.



# Your journey of healing continues with the 3M™ Prevena Restor™ Incision Management System



**Covers the entire surgical site**



**Uses state-of-the-art technology**



**Provides therapy for up to 14 days, as determined by your doctor\***



**Helps make your recovery process easier**

## Key points to remember:

Keep your dressing on for as long as your medical professional instructs you to — up to seven days. Do not try to adjust or remove your dressing. Only your medical professional should remove the Prevena Restor Incision Management System.

Keep the therapy unit turned on. The therapy unit will automatically shut off after either 7 or 14 days, as determined by your medical professional.

Contact your medical professional if you have any questions or concerns about your surgery, swelling or recovery issues.



## Questions or concerns?

**Call 3M at 1-800-275-4524** to speak to a System Specialist. If you have questions about your incision or other medical issues, notify your medical provider.

\*Dressing change required after 7 days.

It is important that you discuss the potential benefits and risks of any specific therapy with your medical professional to decide whether it is right for you. Please consult your treating medical professional regarding specific questions and important information related to the Prevena Restor Incision Management System user safety information and operation.

**REFERENCES:** **1.** Wilkes RP, Kikpad DV, Zhao Y, Kazala R, McNulty A. Closed Incision management with negative pressure wound therapy (CIM): biomechanics. *Surg Innov.* 2012;19(1):67-75. **2.** Payne J. Evaluation of the resistance of the Prevena incision dressing top film to viral penetration. San Antonio, TX: Kinetic Concepts, Inc.; 2009. Report No.: 000002109. **3.** Kikpadi DV, Cunningham MR. Evaluation of closed incision management with negative pressure wound therapy (CIM): hematoma/seroma and involvement of the lymphatic system. *Wound Repair Regen.* 2011;19(5):588-596. doi:10.1111/j.1524-475X.2011.00714.x. **4.** Glaser DA, Farnsworth CL, Varley ES, Nunn TA, Sayad-Shah M, Breisch EA, Yaszay B. Negative pressure therapy for closed spine incisions: a pilot study. *Wounds.* 2012;24(11):308-316.

# 3M

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**NOTE: Specific indications, limitations, contraindications, warnings, precautions and safety information exist for these products and therapies. Please consult a clinician and product instructions for use prior to application. Rx only.**

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