

Your doctor has chosen 3M™ Prevena™ Therapy for management of your surgical incision or wound.

Patient information



Healing continues at home.



Managing your wound or surgical incision is important to your recovery.

Your healthcare professional has given you the 3M™ Negative Pressure Wound Therapy (NPWT) system to help in your healing process. This state-of-the-art system includes the 3M™ Prevena™ Plus 125 Therapy Unit that uses 3M™ SensaT.R.A.C.™ Technology to deliver controlled negative pressure (a vacuum) to your wound or incision.

The system also includes a dressing specific to the treatment plan for either your surgical incision or wound. 3M™ Prevena™ Dressings and 3M™ Prevena Restor™ Dressings are placed over your closed incision. 3M™ V.A.C.® Dressings are for open wound management.

Together these therapies help create an environment that promotes the healing process. These therapies assist in your recovery and help enhance protection throughout your healing journey. Taking proper care of your wound or incision is a key step that can impact both your recovery time and your quality of life.

This brochure contains information about the 3M™ Negative Pressure Wound Therapy System and how it aides in your recovery.

Your 3M single-use disposable NPWT device:

<p>3M™ Prevena™ 125 Therapy Unit 7 days</p>	
<p>Compatible with:</p> <ul style="list-style-type: none"> ✓ Prevena Dressings (incisions) <p>13cm and 20cm dressings only</p>	
<p>Designed for management of closed incisions only</p>	
<p>Pre-set, continuous NPWT at -125mmHg for up to 7 days</p>	
<p>Single-use battery</p>	
<p>45ml canister for fluid management</p>	

<p>3M™ Prevena™ Plus 125 Therapy Unit 7 and 14 days</p>	
<p>Compatible with:</p> <ul style="list-style-type: none"> ✓ Prevena and Prevena Restor Dressings (incisions) ✓ V.A.C. Dressings (open wounds) 	
<p>Designed for management of open wounds or closed incisions</p>	
<p>Pre-set, continuous NPWT at -125mmHg for up to 7 or 14 days</p>	
<p>Rechargeable battery</p>	
<p>150ml canister for fluid management</p>	



If you are caring for a surgical incision...

Protection for your incision and surgical site.

Unlike surgical postoperative dressings, which cover and protect the incision only, 3M™ Prevena™ Therapy and 3M™ Prevena Restor™ Therapy use state-of-the-art technology to help protect the surgical site to help optimise the healing environment.

3M™ Prevena™ Incision Management Systems and 3M™ Prevena Restor™ Incision Management Systems deliver negative pressure wound therapy. They provide therapy with a portable, disposable unit and dressing that manages your surgical site to help your healing journey.

Prevena Incision Management Systems and Prevena Restor Incision Management Systems manage and help protect incisions by:



Delivering continuous -125mmHg



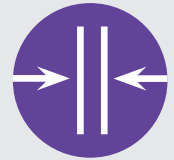
Protecting from outside sources of infection



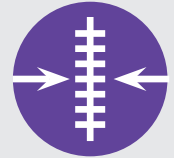
Removing fluids and infectious materials*



Helping hold incision edges together



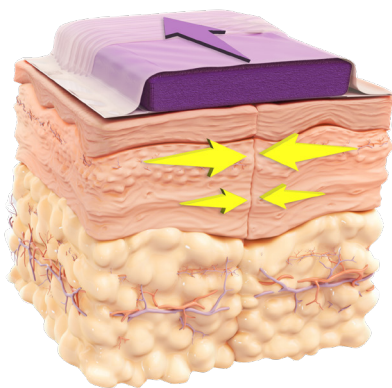
Decreasing tension on incision



Reducing swelling



*Into a canister away from the incision site.



Prevena Dressings and Prevena Restor Dressings are made of reticulated open-cell foam (ROCF).

The foam dressing under negative pressure therapy collapses on itself bringing incision edges together, reducing tension on the incision, and allowing for removal of fluid.

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

Your incision healing starts here.

3M™ Prevena™ Therapy Units

3M™ Prevena™ 125 Therapy Unit
7 days



3M™ Prevena™ Plus 125 Therapy Unit
7 and 14 days



3M™ Prevena™ Dressings and 3M™ Prevena Restor™ Dressings

Dressings come in different shapes and sizes for different surgical procedures.

3M™ Prevena™ Peel and Place Dressings



3M™ Prevena™ Peel and Place Dressing, 13cm*



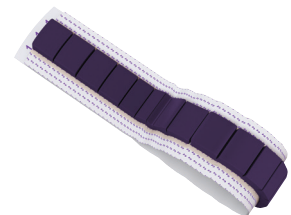
3M™ Prevena™ Peel and Place Dressing, 20cm*



3M™ Prevena™ Peel and Place Dressing, 35cm

*The Prevena 125 Therapy Unit is designed for use with Prevena 13cm and 20cm dressings.
The Prevena Plus 125 Therapy Unit is designed for use with all Prevena dressings.

3M™ Prevena™ Plus Customizable Dressing



3M™ Prevena™ Plus Customizable Dressing

3M™ Prevena Restor™ Dressings



3M™ Prevena Restor™ Arthro·Form™ Dressing



3M™ Prevena Restor™ Bella·Form™ Dressing

Prevena Peel and Place and Prevena Customizable Dressings can be applied up to a maximum of 7 days.
Prevena Restor Dressings can be applied up to a maximum of 14 days.



Important: do not attempt to adjust, remove or peek under the dressing while therapy is being applied. Keep your dressing on for as long as your healthcare professional tells you to – up to seven or fourteen days. You should return to your healthcare professional to have it removed.

If you are caring for an open wound...

Wound healing is a process.

Proper wound care management is important to heal your wound and your doctor may prescribe 3M™ V.A.C.[®] Therapy as part of your wound care treatment plan. A clinician is responsible for directing the use of the V.A.C.[®] Therapy System including application and periodic dressing changes.

How long will it take to heal my wound?

The length of time to heal a wound is different for every patient. Underlying health conditions have been shown to significantly affect the time it takes for a wound to heal.^{1,2} Your clinician will discuss when and why V.A.C.[®] Therapy may begin and end.

What is V.A.C.[®] Therapy?

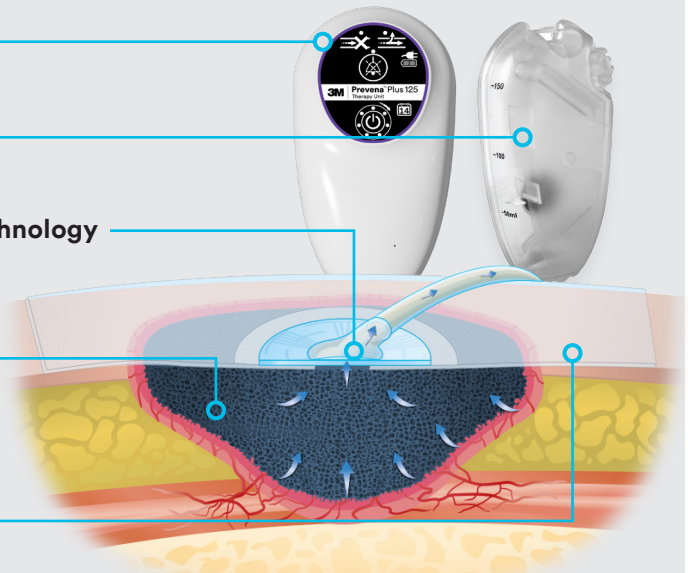
V.A.C.[®] Therapy is a medical device system that creates an environment that promotes wound healing by delivering negative pressure (a vacuum) to the wound through a proprietary dressing and therapy unit.

Unlike gauze bandages that merely cover a wound, V.A.C.[®] Therapy works to help the wound healing process by:

- ▶ Providing a moist wound healing environment
- ▶ Drawing wound edges together
- ▶ Removing wound fluids and infectious materials
- ▶ Promoting formation of the connective tissue in healing wounds
- ▶ Potentially reducing the need for daily dressing changes

The 3M™ V.A.C.[®] Therapy System is an advanced wound therapy system consisting of five parts:

1. **3M™ Prevena™ Plus 125 Therapy Unit** that delivers negative pressure
2. **A disposable canister** that collects wound fluids and infectious materials
3. **Sterile plastic tubing with 3M™ SensaT.R.A.C.™ Technology** that allows the therapy unit to sense the amount of negative pressure delivered to the wound
4. **Special foam dressings** 3M™ V.A.C.[®] Granufoam™ Dressing and 3M™ V.A.C.[®] Whitefoam™ Dressing that are placed in the wound
5. **A clear adhesive drape** 3M™ V.A.C.[®] Drape that covers the foam dressing(s)



Note: device illustration representative only. Your doctor may prescribe a different V.A.C.[®] foam dressing or drape



Important: do not attempt to adjust, remove or peek under the dressing while therapy is being applied. Keep your dressing on for as long as your healthcare professional tells you to – up to seven days. You should return to your healthcare professional to have it removed.

Your wound management system.

3M™ Prevena™ Therapy Unit

3M™ Prevena™ Plus 125 Therapy Unit
7 and 14 days



3M™ V.A.C.® Dressings and Drapes



3M™ V.A.C.® Granufoam™ Dressings
(small and medium only)



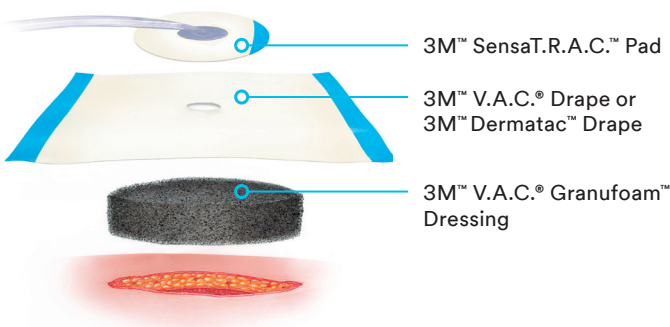
3M™ V.A.C.® Whitefoam™ Dressing



3M™ V.A.C.® Drape

3M™ V.A.C.® Dressing changes.

The V.A.C.® Therapy System uses proprietary foam dressings (V.A.C.® Granufoam™ Dressing* and/or V.A.C.® Whitefoam™ Dressing) with the therapy unit. Only V.A.C.® Dressings are to be used with the 3M™ V.A.C.® Therapy Units. Wounds managed with the V.A.C.® Therapy System should be monitored on a regular basis by your clinicians who are responsible for treatment.



- ▶ For a non-infected wound: V.A.C.® Dressings should be changed every 48 to 72 hours, but no less than three times per week.
- ▶ For infected wounds: These wounds must be monitored often and very closely. Infected wounds dressing changes may need to be changed more often than 48 to 72 hours. Dressing change intervals should be based on continuing evaluation of your wound condition by your clinician.

*Small- and medium-sized V.A.C.® Dressings are compatible with Prevena Plus 125 Therapy Unit.



How to use and care for your chosen therapy system.

Wearing the therapy unit.

This portable unit should always be kept on for the time your doctor has instructed.

For sleeping and showering, follow the instructions listed in this brochure.

The unit can be worn under your clothing and includes a carrying case with adjustable straps, so you can use multiple ways. See graphic.



Across your body

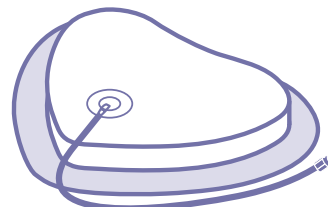
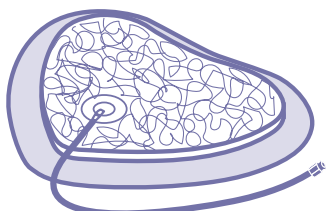
At the hip

Over the shoulder

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 Indicators and Alert section of the patient guide you were discharged with to help resolve.



Caring for your therapy unit.



You have been provided with the 3M™ Prevena™ 125 Therapy Unit or 3M™ Prevena™ Plus 125 Therapy Unit. Both Prevena Therapy Units work similarly with just a few differences. See 3M™ Prevena™ Therapy Patient Guide for additional details at 3M.co.uk/PrevenaforPatients.

Prevena 125 Therapy Unit or Prevena Plus 125 Therapy Unit



Keep the therapy unit turned on.

The therapy unit will automatically shut off after either 7 or 14 days, as determined by your healthcare 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 approved by your healthcare professional.



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

If the canister becomes completely full, turn off the unit and contact your healthcare professional for instructions.



For use on incisions only.

Prevena 125 Therapy Unit

The system comes with three AA size batteries and cannot be recharged. It is recommended that you keep extra batteries on hand. If the batteries run out, consult your 3M™ Prevena™ Therapy Patient Guide on how to replace the batteries.

For use on incisions or open wounds.

Prevena Plus 125 Therapy Unit

The system comes with a rechargeable battery and a charger.

- ▶ When fully charged, the battery lasts around nine hours
- ▶ Bring your charger with you if you are gone for extended periods of time
- ▶ For convenience, consider charging your therapy unit battery while you are sleeping



Sleeping with the therapy unit

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 therapy unit

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

Therapy unit:

- ▶ 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

Dressing:

- ▶ 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 healthcare professional or caregiver.

Basic operations and indicators

3M™ Prevena™ Plus 125 Therapy Unit

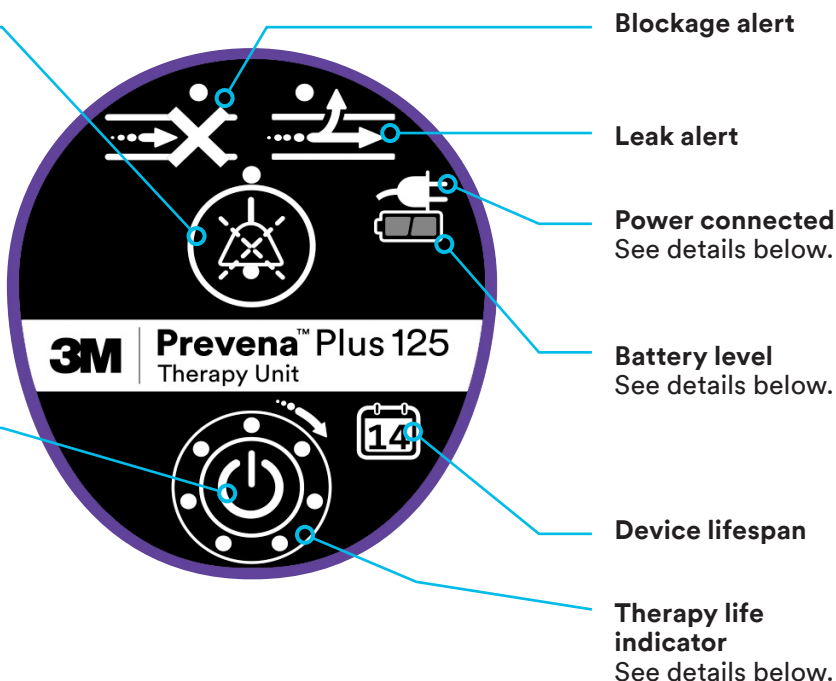
For use on incisions or open wounds.

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 Page 7.



Blockage alert

Leak alert

Power connected
See details below.

Battery level
See details below.

Device lifespan

Therapy life indicator
See details below.

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.



6 days left



3 days left



1 day left



8 hours left



Therapy ended.
Therapy will shut off.

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


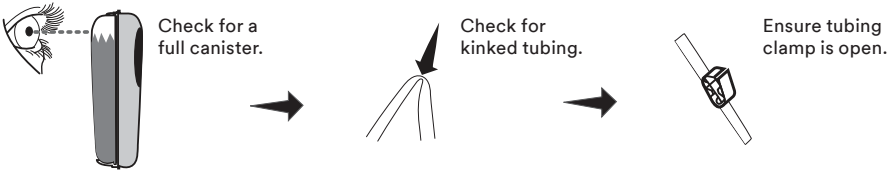

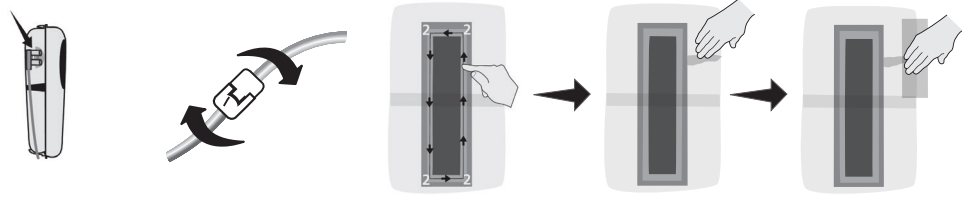
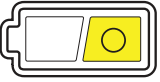
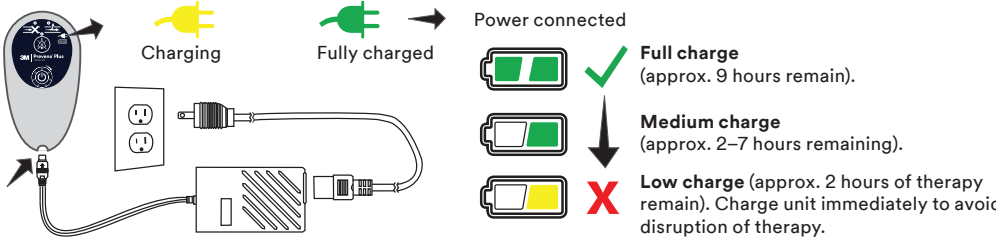

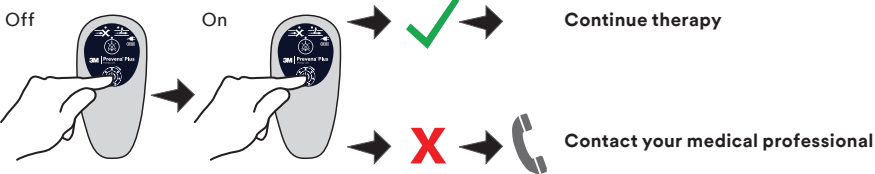



Indicators and alerts

3M™ Prevena™ Plus 125 Therapy Unit



For use on incisions or open wounds.

This is a quick guide, further details are in the 3M™ Prevena™ Therapy Patient Guide.

Alert type	How to fix
<p>Blockage alert</p>  <p>Audible blockage alert will sound two beeps repeating every 15 seconds.</p>	 <p>Check for a full canister.</p> <p>Check for kinked tubing.</p> <p>Ensure tubing clamp is open.</p>
<p>Leak alert</p>  <p>Leak alert will sound two beeps repeating every 15 seconds.</p>	 <p>Ensure canister is security locked onto the therapy unit. When canister is installed, a distinct click will be heard.</p> <p>Check tubing connectors to ensure they are fully engaged and locked.</p> <p>Press down through drape onto the adhesive seal all the way around to ensure seal.</p> <p>Use fingers to smooth out any creases or wrinkles.</p> <p>Use 3M™ Prevena™ Patch Strips* or excess drape along the outer edge of drape to seal leaks.</p>
<p>Low battery alert</p>  <p>Alert will sound two beeps repeating every 4 minutes.</p>	 <p>Charging</p> <p>Fully charged</p> <p>Power connected</p> <p>Full charge (approx. 9 hours remain).</p> <p>Medium charge (approx. 2–7 hours remaining).</p> <p>Low charge (approx. 2 hours of therapy remain). Charge unit immediately to avoid disruption of therapy.</p>
<p>System fault alert</p>  <p>All LEDs flashing and two beeps every 15 seconds.</p>	<p>Turn therapy unit off then on.</p>  <p>Off</p> <p>On</p> <p>Continue therapy</p> <p>Contact your medical professional</p>
<p>Alert mute button</p> 	<p>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 re-occur after two minutes unless the alert condition has been corrected.</p>
<p>Therapy ended</p>  <p>Therapy ended. Therapy will shut off.</p>	<p>Note: when therapy begins, all seven green LEDs are illuminated. During the last six days of therapy, after each 24 hour period, an indicator will turn off. A solid yellow LED at the top of the therapy life indicator will turn on.</p>  <p>6 days left 4 days left 2 days left 1 day left 8 hours left Therapy ended Therapy will shut off</p> <ul style="list-style-type: none"> ▶ The therapy unit will sound eight beeps, followed by a continuous beep for five seconds, then the therapy unit will turn off ▶ Notify your medical professional: If the therapy unit has completed the therapy duration and has timed out, and an attempt is made to turn the therapy on, the therapy unit will sound an alert for three seconds then shut off

*Only included with 3M™ Prevena™ Dressings and 3M™ Prevena Restor™ Dressings.



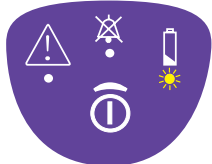

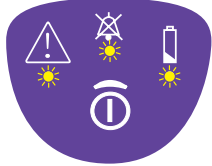
Indicators and alerts

3M™ Prevena™ 125 Therapy Unit




For use on incisions.



This is a quick guide, further details are in the 3M™ Prevena™ Therapy Patient Guide.

Alert type	How to fix
<p>Leak alert</p> <p>One beep, one solid yellow light.</p> 	<p>To ensure proper application of the 3M™ Prevena™ Incision Dressing, the 3M™ Prevena™ 125 Therapy Unit provides the VisiCheck feature.</p> <p>Double press on/off button: One light = best Two lights = good Three lights = marginal</p> <p>If the VisiCheck feature indicates a 'marginal' leak rate condition, follow these steps:</p> <ol style="list-style-type: none"> 1 Ensure canister is locked into the unit 2 Check the tubing connectors to make sure they are fully engaged and locked 3 Use finger to smooth out any creases in the adhesive 4 Use 3M™ Prevena™ Patch Strips (located in the dressing package) to help seal leaks 5 Slowly press firmly around dressing edges
<p>Canister full alert</p> <p>Two beeps, one solid yellow light.</p> 	<p>Check fluid level in the canister.</p> <ol style="list-style-type: none"> 1 If the canister is not full check for kinks or pinched tubing 2 If the canister is full then turn the unit off 3 Contact your medical professional
<p>Low battery alert</p> <p>Low: one slow beep, one solid yellow light.</p> <p>Critical: one beep, repeating rapidly, increasing volume, two solid yellow lights.</p> 	<p>This therapy unit comes with three AA batteries. To replace batteries:</p> <ol style="list-style-type: none"> 1 Hold five second to turn off 2 Press and push the panel on the back of the unit to open 3 Insert three AA batteries (lithium batteries recommended) 4 Press and push to close panel 5 Hold two seconds to turn on
<p>System error alert</p> <p>One beep, repeating rapidly, increasing in volume, two solid yellow lights.</p> 	<ol style="list-style-type: none"> 1 Hold for five seconds to turn off 2 Hold two seconds to turn back on 3 If the therapy is still not running contact your medical professional
<p>Device lifecycle expired</p> <p>Three lights show life cycle is up. There will be a repeated beep for 15 seconds and then the unit will shut off.</p> 	<p>Contact your medical professional</p> <p>Life cycle = 192 hours (eight days)</p>

Key:

		
Caution indicator	Audible alarm (muted)	Battery level

Please contact your healthcare professional with any medical questions.
In case of an emergency, call your national emergency telephone number.

Additional resources for 3M™ Prevena™ Dressings and 3M™ Prevena Restor™ Dressings

In these resources, you'll learn about the 3M™ Prevena™ Incision Management System, how it works, everyday tips for wearing and caring for your system and how to read and troubleshoot the alerts on your unit.

Scan code with your phone camera to see how the 3M™ Prevena™ Incision Management System works.

Step 1: point the camera at the QR code above.

Step 2: click on the notification link.



**Prevena Therapy
for Patients webpage**

[3M.co.uk/prevenaforpatients](https://3m.co.uk/prevenaforpatients)

For more information, visit [3M.co.uk/PrevenaforPatients](https://3m.co.uk/PrevenaforPatients) for a copy of the 3M™ Prevena™ Therapy Patient Guide. The patient guide has more complete safety information and details on how to use your Prevena Therapy.



Prevena Therapy patient video

<https://youtu.be/OADZ6f2HD8c>



Discharge with confidence.

For clinician use

Clinician name: _____ Date of dressing placement: _____

Facility placed: _____ Date dressing to be removed: _____

Approved patient to shower? Yes No Dressing removed by: _____

Your care team is committed to sending you home with everything you need. Now it's time to make sure you have the right supplies.

You will be discharged with a 3M™ Prevena™ 125 Therapy Unit or a 3M™ Prevena™ Plus 125 Therapy Unit.

Check to make sure you know your therapy unit.

Therapy unit

For use on incisions only.



3M™ Prevena™ 125 Therapy Unit
lot number: _____



Extra 3M™ Prevena™ 45ml Canisters
(as prescribed by your surgeon)



Carrying case with adjustable strap



Three AA batteries
(in device, power to confirm)



3M™ Prevena™ Therapy Patient Guide

or

For use on incisions or open wounds.



3M™ Prevena™ Plus 125 Therapy Unit
lot number: _____



Extra 3M™ Prevena™ 150ml Canisters
(as prescribed by your surgeon)



Carrying case with adjustable strap



Battery charger
3M™ Prevena™ Plus 125 Therapy Unit has a rechargeable battery



3M™ Prevena™ Therapy Patient Guide

Dressings

For use on incisions only.



3M™ Prevena™ Dressings



3M™ Prevena Restor™ Dressings

or

For use on open wounds.



3M™ V.A.C.® Dressings



3M™ V.A.C.® Drapes



Place all your 3M™ Prevena™ Therapy contents in this bag.

Don't forget the carrying case and extra canisters, if they were prescribed by your healthcare professional.

Notes

Your role in your healing process.

Key points to remember:

Keep your dressing on for as long as your healthcare professional instructs you to. **Do not try to adjust or remove your dressing.** Only your healthcare professional should remove the 3M™ Prevena™ Therapy System.

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

Contact your healthcare professional if you have any questions or concerns about your surgery or recovery issues.

Questions or concerns?

If you have questions or concerns about the operation of the system, visit [3M.co.uk/prevenaforpatients](https://www.3m.co.uk/prevenaforpatients)

If you have questions about your incision or other medical issues, notify your medical provider.



Important information

Patients: it is important that you discuss any potential benefits and risks of a specific therapy with your doctor to decide whether it is right for you. Please consult your treating healthcare professional regarding specific questions and important information related to your 3M™ Negative Pressure Wound Therapy (NPWT) System indications, limitations, contraindications, warnings, precautions and operation.

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.

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.: 0000021109.
3. Kilpadi 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.

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