



Prevena™
Incision Therapy

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

Patient Discharge Kit





Continue your healing journey after your surgery.

Managing your incision is the start of your recovery.

Your surgeon has given you the **3M™ Prevena™ Incision Management System** or **3M™ Prevena Restor™ Incision Management System** to help in your healing process.

This state-of-the-art technology helps give you confidence that your incision is protected as you heal, and may help you feel more like yourself again. This discharge kit aims to ensure you have everything you need for use of the system while on your healing journey.

Protecting your incision is important to your recovery.

An incision is a cut through the skin and tissue of the body that is made during surgery and then closed using products such as sutures, staples, or a combination of these methods. Incisions heal at the skin surface as well as below. Taking care of your incision is a key step that may impact both your recovery time and your quality of life.

3M™ Prevena™ Therapy for Patients

In these brief videos, 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.



Prevena Therapy for Patients Webpage
3M.ca/PrevenaforPatients



Prevena Therapy Patient Video
youtube.com/watch?v=T9S8HTAB_tE



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

Your Incision Management System.

3M™ Prevena™ Therapy Units

3M™ Prevena™ 125
Therapy Unit



3M™ Prevena™ Plus
125 Therapy Unit
(7 or 14 day)



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 — 13 cm



3M™ Prevena™ Peel and
Place Dressing — 20 cm



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



3M™ Prevena™ Plus
Customizable Dressing

3M™ Prevena Restor™ Dressings



3M™ Prevena Restor™
Arthro•Form™ Dressing



3M™ Prevena Restor™
Bella•Form™ Dressing



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 medical professional tells you to. You should return to your medical professional to have it taken off.

Giving you more confidence on your healing journey.

The power to help protect your outcomes beyond the OR.

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 optimize 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:



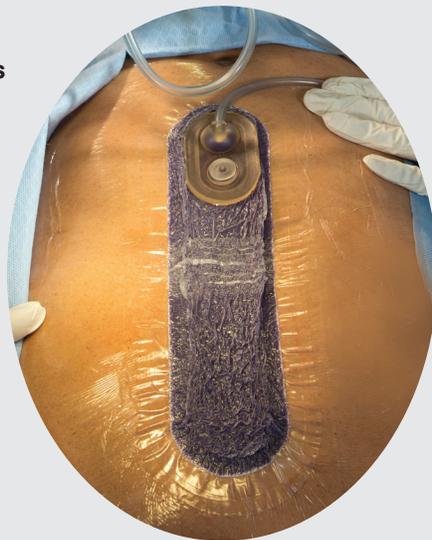
Delivering continuous
-125 mmHg



Protecting from
outside sources
of infection



Removing fluids and
infectious materials*



Helping hold incision
edges together



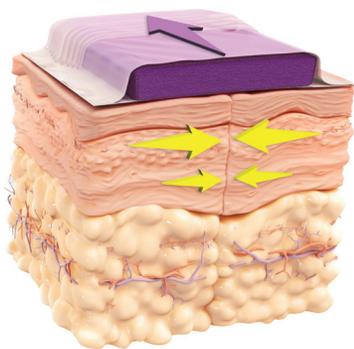
Decreasing tension
on incision



Reducing
swelling



*Into a canister away from the incision site.



3M™ Prevena™ Dressings and 3M™ Prevena Restor™ Dressings are made of Reticulated Open Cell Foam (ROCF).

Foam dressings under negative pressure therapy collapse on themselves, bringing incision edges together, reducing tension on the incision, and allowing for better 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.

Discharge with confidence.

For Clinician Use

Physician name: _____ Date of dressing placement: _____

Facility placed: _____ Date dressing to be removed: _____

Surgeon 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 pump.

- 3M™ Prevena™ 125 Therapy Unit**
Lot number of pump: _____
- 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

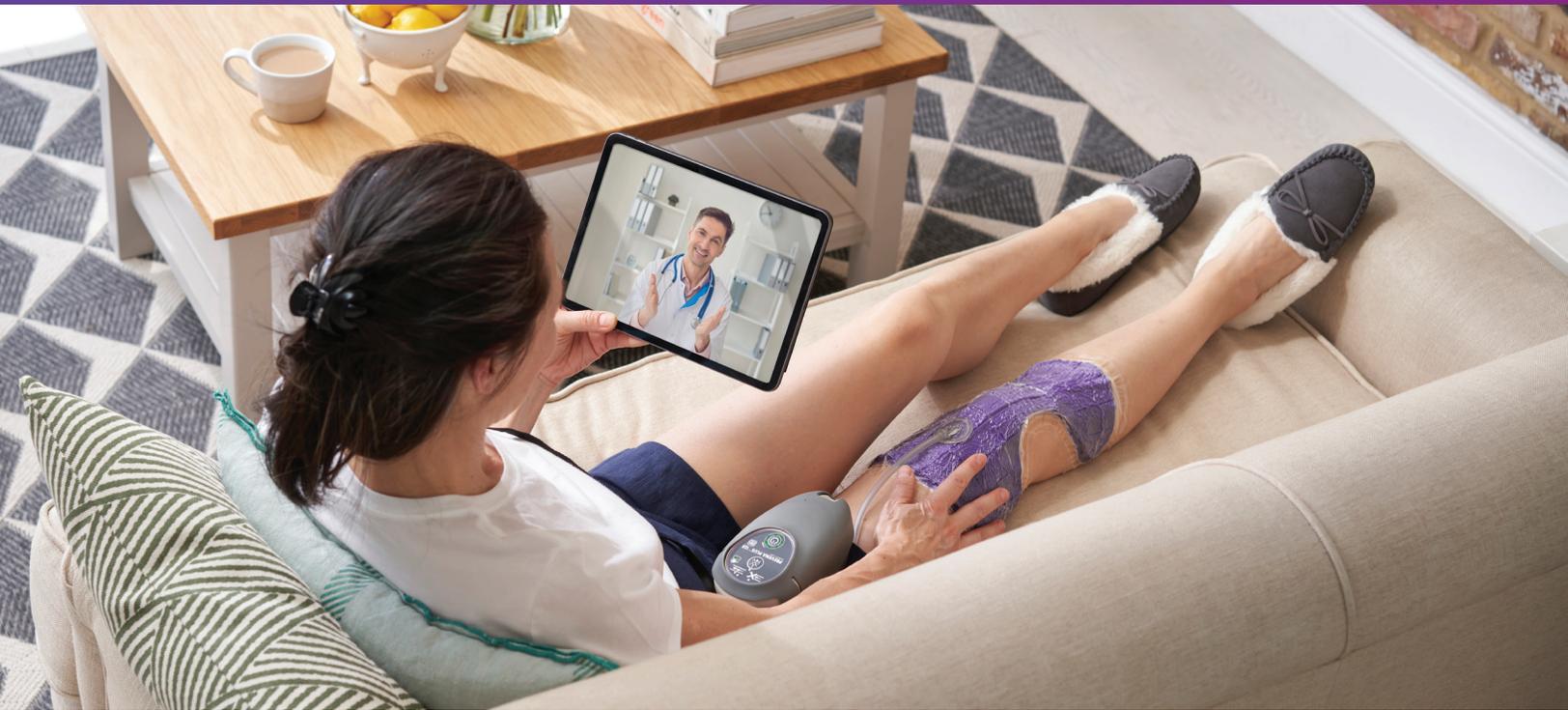
- 3M™ Prevena™ Plus 125 Therapy Unit**
Lot number of pump: _____
- Extra 3M™ Prevena™ 150ml Canisters**
(as prescribed by your surgeon)
- Carrying case with adjustable strap**
- Battery charger**
3M™ Prevena™ Plus 125 Therapy Unit has a rechargeable battery
- 3M™ Prevena™ Therapy Patient Guide**



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 surgeon.

How to use and care for your Incision Management System.

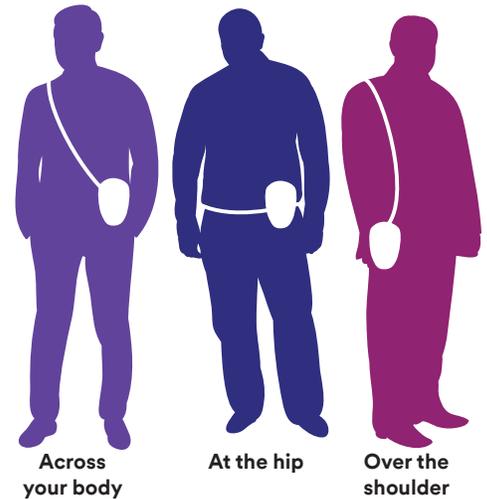


Wearing the 3M™ Prevena™ Therapy Unit

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.

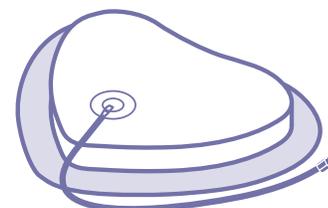
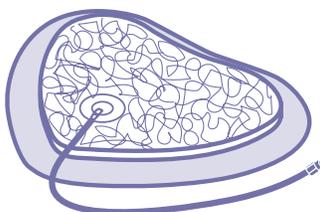
The unit can be worn under your clothing and includes a carrying case with adjustable straps, so you can use multiple ways. See graphic.



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.



After surgery, you will be provided with the 3M™ Prevena™ 125 Therapy 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.ca/PrevenaforPatients.

3M™ Prevena™ 125 Therapy Unit or 3M™ Prevena™ Plus 125 Therapy Unit

	<p>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.</p>	
	<p>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 medical professional.</p>	
	<p>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.</p>	
	<p>3M™ 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.</p>	<p>3M™ Prevena™ Plus 125 Therapy Unit The system comes with a rechargeable battery and a charger. <ul style="list-style-type: none"> • When fully charged, the battery lasts approximately 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 </p>
	<p>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.</p>	
	<p>Showering with the Therapy Unit If your medical professional agrees, light showering is usually fine. However, do not take a bath with the system.</p> <p>Therapy Unit:</p> <ul style="list-style-type: none"> • 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 <p>Dressing:</p> <ul style="list-style-type: none"> • 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 Operations and Indicators

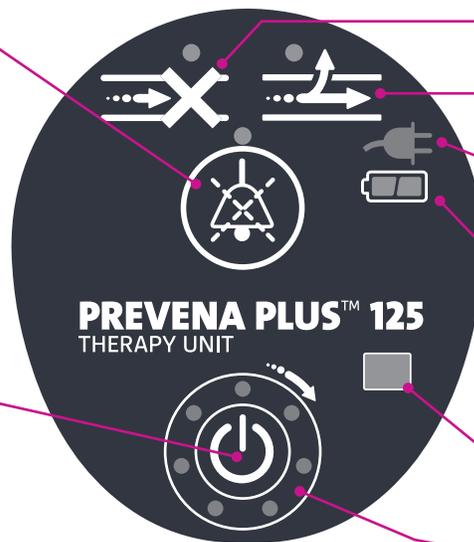
3M™ Prevena™ Plus 125 Therapy Unit

Alert Mute Button

Press and hold centre 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



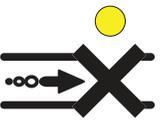
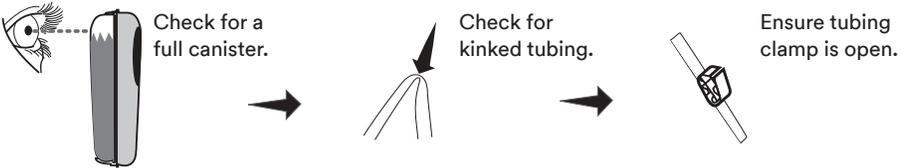
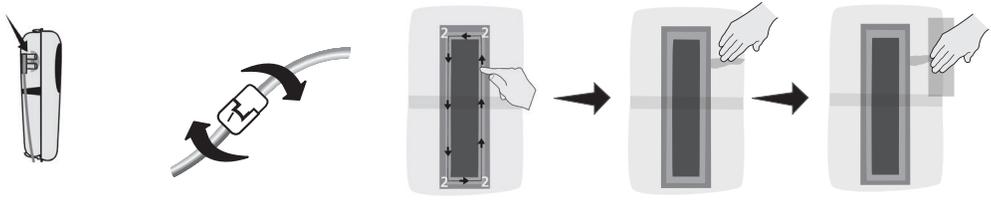
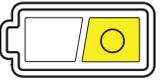
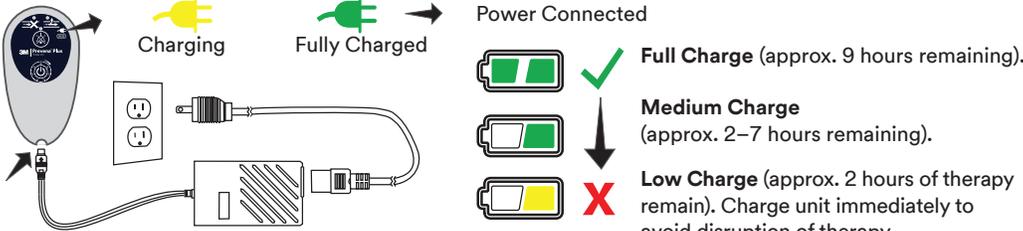
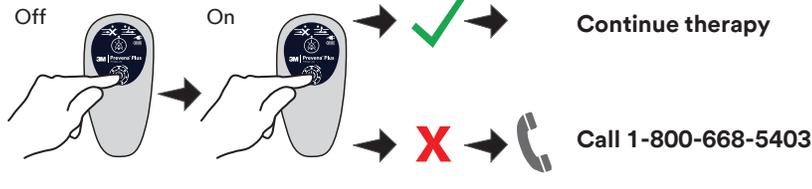
Fully Charged

Indicators and Alerts

3M™ Prevena™ Plus 125 Therapy Unit



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 remaining).</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>Call 1-800-668-5403</p>
<p>Alert Mute Button</p> 	<p>Press and hold centre 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>  <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 the treating physician or caregiver: If the therapy unit has completed the seven day therapy 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

Indicators and Alerts

3M™ Prevena™ 125 Therapy Unit



Key:



Caution Indicator



Audible Alarm (muted)



Battery Level

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

Alert Type

How to Fix

Leak Alert

One beep, one solid yellow light.



To ensure proper application of the 3M™ Prevena™ Incision Dressing, the 3M™ Prevena™ 125 Therapy Unit provides the Visicheck feature. Double press ON/OFF button:

One light = Best Two lights = Good Three lights = Marginal

If the Visicheck feature indicates a “Marginal” leak rate condition, follow these steps:

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

Canister Full Alert

Two beeps, one solid yellow light.



Check fluid level in the canister.

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. Call 1-800-668-5403

Low Battery Alert

Low: One slow beep, one solid yellow light.

Critical: One beep, repeating rapidly, increasing volume, two solid yellow lights.



This therapy unit comes with three AA batteries. To replace batteries:

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

System Error Alert

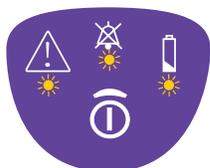
One beep, repeating rapidly, increasing in volume, two solid yellow lights.



1. Hold for five seconds to turn off
2. Hold two seconds to turn back on
3. If the therapy is still not running call 1-800-668-5403

Device Lifecycle Expired

Three lights show life cycle is up. There will be a repeated beep for 15 seconds and then the unit will shut off.



Call 1-800-668-5403
Life cycle = 192 hours (eight days)

Key points to remember.



Do not try to adjust or remove your dressing. Keep your dressing on for as long as your medical professional instructs you to. Only your medical professional should remove the 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 or recovery issues.



Products are not indicated for use in children.

**Contact your doctor with any medical questions.
In the case of an emergency, call 911.**

3M™ Prevena™ Therapy System Specialists are here to support you. Call **1-800-668-5403** with questions or to speak to a therapy specialist trained on your Prevena Therapy System.

For more information, visit [3M.ca/PrevenaforPatients](https://www.3M.ca/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.

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



Covers your incisions



Uses state-of-the-art technology



Provides therapy for up to 7 or 14 days, as determined by your doctor



Help enhance the recovery process



Questions or concerns?

If you have questions or concerns about the operation of the system:

- Call **3M** at **1-800-668-5403** to speak to a 3M Representative
- Visit **3M.ca/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 medical professional regarding specific questions and important information related to your 3M™ Prevena™ Therapy indications, limitations, contraindications, warnings, precautions and operation.



Available in Canada from:

**3M Canada Company
Medical Solutions Division**

300 Tartan Drive
London, Ontario N5V 4M9
Canada
1-800-364-3577
3M.ca/Medical

NOTE: Specific indications, limitations, contraindications, warnings, precautions and safety information exist for these products and therapies. This material is intended for healthcare professionals only. 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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