

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

Patient Discharge Kit

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Healing continues at home.

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

Your healthcare professional has given you the 3M[™] Prevena[™] 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 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 as it progresses. 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 pertaining to the 3M[™] Prevena[™] Negative Pressure Wound Therapy System and how it aides in your recovery.



Your 3M single-use disposable NPWT device:



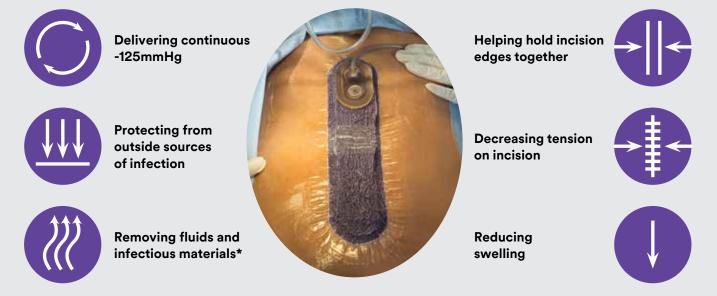
Your incision healing starts here.

Protection for your incision and surgical site.

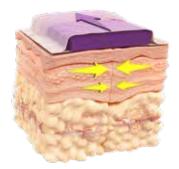
Unlike surgical postoperative dressings, which cover and protect the incision only, 3M[™] Prevena[™] Therapy and 3M[™] Prevena Restor[™] Therapy use state-of-the-art technology to help protect the surgical site to help optimize the healing environment.

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:



*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 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 Management System.

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



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



3M[™] Prevena[™] Peel and Place Dressing, 35cm 3M[™] Prevena[™] Plus Customizable Dressing



3M[™] Prevena[™] Plus Customizable Dressing

Place Dressing, 13cm* Place Dressing, 20cm* Place Dressing, 350 *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 Restor[™] Dressings



3M[™] Prevena Restor[™] Arthro●Form[™] Dressing



3M[™] Prevena Restor[™] Axio∙Form[™] Dressing



3M[™] Prevena Restor[™] Bella●Form[™] Dressing



3M[™] Prevena Restor[™] Adapti●Form[™] Dressing

Prevena Dressings are to be applied for up to a maximum of 7 days. The Prevena Plus 125 Therapy Unit is designed for use with all Prevena Restor dressings.



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—up to seven days. You should return to your medical professional to have it removed.



Your open wound healing starts here.

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 your therapy, including the 3M[™] Prevena[™] Plus 125 Therapy Unit and application and periodic changes of the 3M[™] V.A.C.[®] Dressings.

How long will it take to heal my wound?

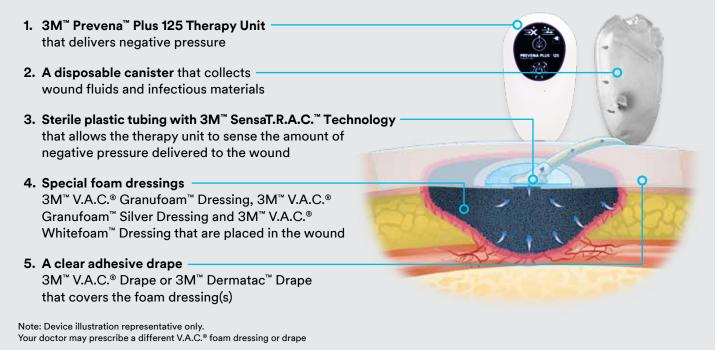
The length of time to heal a wound is different for every patient. Underlying health conditions have been shown to significantly affect the time it takes for a wound to heal.^{1,2} Your clinician will discuss when and why V.A.C.[®] Therapy may begin and end.

What is 3M[™] 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 granulation tissue formation and perfusion
- 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:





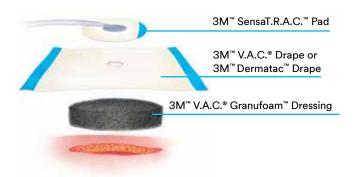
Important: Do not attempt to adjust, remove or peek under the dressing while therapy is being applied. Keep your dressing on for as long as your medical professional tells you to — up to seven days. You should return to your medical professional to have it removed.

Your Wound Management System.



3M[™] V.A.C.[®] Dressing Changes

The 3M[™] V.A.C.[®] Therapy System uses proprietary foam dressings (3M[™] V.A.C.[®] Granufoam[™] Dressing*, 3M[™] V.A.C.[®] Granufoam Silver[™] Dressing*, 3M[™] V.A.C.[®] Whitefoam[™] Dressing and 3M[™] V.A.C.[®] Simplace[™] EX 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 3 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.



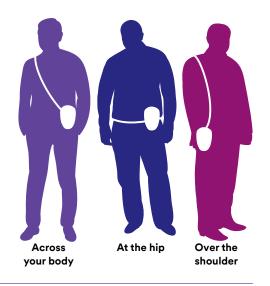
How to use and care for your 3M[™] Prevena[™] Therapy Unit.

Wearing the Therapy Unit

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

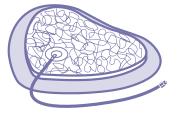
For sleeping and showering, follow the instructions listed in this brochure.

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

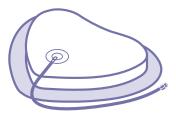


Dressing Appearance

During operation, the dressing should have a wrinkled appearance and the foam should be compressed. The V.A.C.[®] Whitefoam[™] Dressing may only have a few wrinkles.



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.com/ PrevenaforPatients.

3M[™] Prevena[™] 125 Therapy Unit or 3M[™] 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 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 approved by your medical 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 medical professional for instructions. Never leave a 3M[™] V.A.C.[®] Dressing in place without active 3M[™] V.A.C.[®] Therapy for more than two hours. For use on incisions only. For use on incisions or open wounds. 3M[™] Prevena[™] 125 Therapy Unit 3M[™] Prevena[™] Plus 125 Therapy Unit The system comes with three AA size batteries The system comes with a rechargeable battery and cannot be recharged. and a charger. • When fully charged, the battery lasts around nine hours It is recommended that you keep extra batteries Bring your charger with you if you are gone for on hand. If the batteries run out, consult your extended periods of time 3M[™] Prevena[™] Therapy Patient Guide on how to • For convenience, consider charging your therapy unit replace the batteries. 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 medical 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 medical professional or caregiver.

Basic Operations and Indicators 3M[™] Prevena[™] Plus 125 Therapy Unit

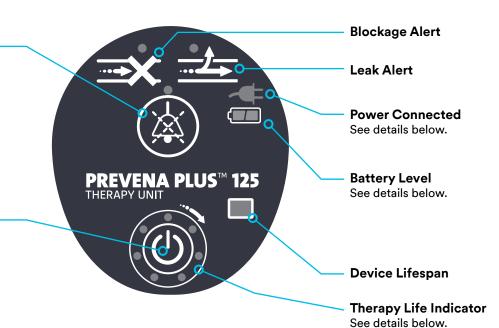
For use on incisions or open wounds.

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

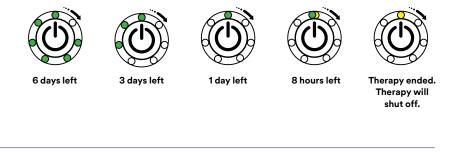
To turn the unit on or off, press and hold the On/Off button for three seconds. You should turn the unit off only when you're ready to shower. Refer to showering instructions on Page 7. Never leave a 3M[™] V.A.C.[®] Dressing in place without active 3M[™] V.A.C.[®] Therapy for more than two hours.



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



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.



Indicators and Alerts 3M[™] Prevena[™] Plus 125 Therapy Unit

PETVENA PLUS - 125

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					
Blockage Alert	Audible blockage alert will sound two beeps repeating every 15 seconds.		Check for a full canister.	Check for kinked tubing		sure tubing mp is open.	
Leak Alert Leak Alert will sound two beeps repeatin		B	A Contraction of the second se				
	every 15 seconds.	Ensure canister is security locked onto the therapy unit. When canister is installed, a distinct click will be heard.	Check tubing connectors to ensure they are fully engaged and locked.	Press down through drape onto the adhesive seal all the way around to ensure seal.	Use fingers to smooth out any creases or wrinkles.	Use 3M [™] Prevena Patch Strips* or excess drape along the outer edge of drape to seal leaks.	
Low Battery Alert				→ Power Connecte	ed		
	Alert will sound two beeps repeating every 4 minutes	Charging Fully Charged Charging Fully Charged Charging Fully Charged Charge (approx. 9 hours remaining). Charge (approx. 2–7 hours remaining). Charge (approx. 2 hours of thremain). Charge unit immediately to disruption of therapy.					
System Fault Alert		Turn therapy unit off	then on.				
SM Prevena Plus	All LEDs flashing and two beeps every 15 seconds.	Off	On Con		ontinue therapy all 1-800-275-4524	1	
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 re-occur after two minutes unless the alert condition has been corrected.					
Therapy Ended	Therapy ended. Therapy will shut off.	During the last six da	begins, all seven greer ys of therapy, after eac off. A solid yellow LED r will turn on.	ch 24-hour period,	Gars days 2 days left	1 day left 8 hours Therapy end left Therapy end Therapy end Therapy end Therapy end Therapy end Therapy end	
		• The therapy unit will sound eight beeps, followed by a continuous beep for five seconds, then the therap unit will turn off					
			physician or caregiver	: If the therapy unit has	completed the seven	-day therapy and	

Indicators and Alerts 3M[™] Prevena[™] 125 Therapy Unit

For use on incisions only.

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 1-800-275-4524			
Low Battery Alert Low: One slow beep, one solid yellow light. <u>Critical:</u> 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.		 Hold for five seconds to turn off Hold two seconds to turn back on If the therapy is still not running call 1-800-275-4524 			
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 1-800-275-4524 Life cycle = 192 hours (eight days) Key: $Audible Alarm Battery$			

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Indicator

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Level

Need help with your 3M[™] Prevena[™] Therapy Unit

Scan the QR code that matches your therapy unit to:

- Learn how it works
- Find everyday tips for wearing and caring for your system
- See how to troubleshoot the alerts on your unit



For use on incisions or open wounds.

3M[™] Prevena[™] Plus 125 Therapy Unit



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.



Prevena Therapy for Patients Webpage 3M.com/prevenaforpatients



Prevena Therapy Patient Video https://youtu.be/IIB-p9jGZZg

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

3M[™] Prevena[™] Therapy System Specialists are here to support you. Call **1-800-275-4524, option 3** with questions or to speak to a therapy specialist trained on your Prevena Therapy System.

For more information, visit **3M.com/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.

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

Discharge with confidence.

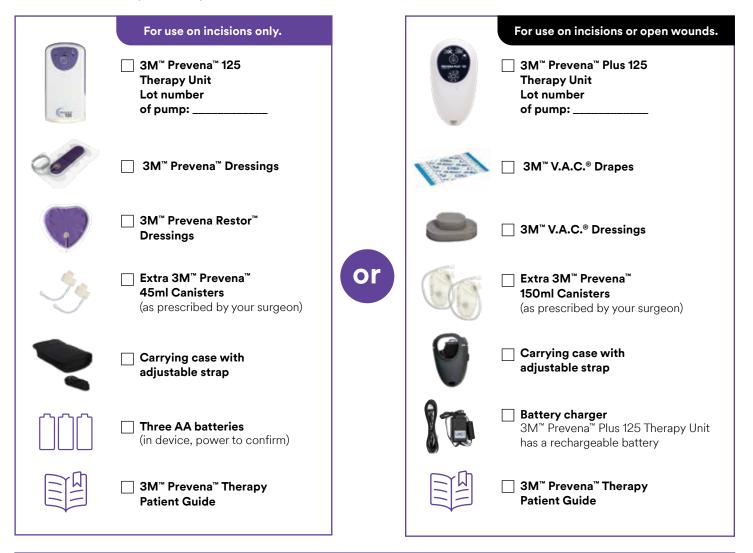
For Clinician Use

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.





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.



Your role in your healing process.

Key points to remember:

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

Contact your medical 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:

- Call **3M at 1-800-275-4524, option 3** to speak to a 3M representative
- Visit 3M.com/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. Rx only.



3M Company 2510 Conway Ave St. Paul, MN 55144 USA

Phone 1-800-275-4524 (NPWT products) 1-800-228-3957 Web 3M.com/medical 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.

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.
- 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.
- 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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