



V.A.C.®
Therapy



My wound passport for **3M™ V.A.C.® Therapy**

Patient information and communication

UK 24/7 helpline
0800 980 8880

Ireland 24/7 helpline
1800 33 3377

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 3M™ V.A.C.® Therapy System indications, contraindications, warnings, precautions and operation.

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Wound healing is a process.

Proper wound care management is important to heal your wound and your doctor may prescribe the 3M™ V.A.C.® Therapy System 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. Factors such as age over 65, nutrition, obesity, smoking, infection, malignancy, steroid use, pulmonary disease and other 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 3M™ 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 foam dressing and therapy unit.

Unlike other wound dressings 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:**

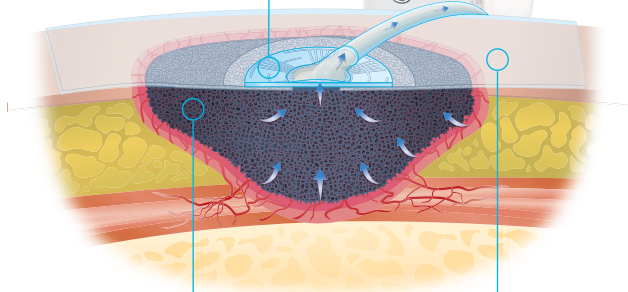
- 1** The 3M™ V.A.C.® Therapy Unit that delivers negative pressure
- 2** A disposable canister that collects wound fluids and infectious materials
- 3** Sterile plastic tubing with 3M™ SensaT.R.A.C.™ Technology that allows the therapy unit to sense the amount of negative pressure delivered to the wound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

1 3M™ V.A.C.® Therapy Unit

Note: Device illustration representative only.
Your doctor may prescribe a different V.A.C.® Therapy Unit.

2 3M™ V.A.C.® Canister

**3 3M™ V.A.C.® Tubing with
3M™ SensaT.R.A.C.™ Pad**



4 3M™ V.A.C.® Granufoam™ Dressing

5 3M™ V.A.C.® Drape or 3M™ Dermatac™ Drape

There is only one 3M™ V.A.C.® Therapy.

V.A.C.® Therapy has set the standard for negative pressure wound therapy (NPWT) with more than 10 million wounds managed worldwide.¹

Evidence supporting V.A.C.® Therapy includes over:

- ▶ 90 randomised controlled trials²
- ▶ 1,800 peer-reviewed articles²
- ▶ 1,900 published journal articles²

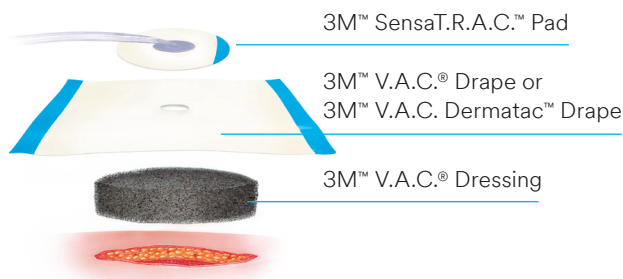
Many clinicians, hospitals, skilled nursing facilities, wound care centres and home health agencies use or prescribe the advanced 3M™ V.A.C.® Therapy System to help their patients heal.

Introducing 3M™ V.A.C. Dermatac™ Drape, the new NPWT drape available for dressing changes.

V.A.C. Dermatac Drape is a hybrid drape made of acrylic and silicone that is strong enough to maintain a seal for V.A.C.® Therapy, yet gentle enough to help take the pain out of dressing changes.

3M™ V.A.C.® Dressing placement.

The V.A.C.® Dressing goes on or inside a wound. One end of the tubing connects to the dressing. The other end connects to the canister that fits into the therapy unit. The wound area is sealed with the clear adhesive 3M™ V.A.C.® Drape or 3M™ V.A.C. Dermatac™ Drape that helps maintain negative pressure over the wound.



3M™ V.A.C.® Dressing changes.

The V.A.C.® Therapy System uses proprietary foam dressings (3M™ V.A.C.® Granufoam™ Dressing, 3M™ V.A.C. Granufoam Silver™ Dressing and/or 3M™ 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 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

Indications for use

The V.A.C.® Therapy System is an integrated wound management system for use in acute, extended and home care settings. It is intended to create an environment that promotes wound healing by secondary or tertiary (delayed primary) intention by preparing the wound bed for closure, reducing oedema, promoting granulation tissue formation and perfusion, and by removing exudate and infectious material. It is indicated for patients with chronic, acute, traumatic, subacute and dehiscent wounds, partial-thickness burns, ulcers (such as diabetic, venous insufficiency or pressure), flaps and grafts.

The V.A.C.® Granufoam Silver™ Dressing is an effective barrier to bacterial penetration and may help reduce infection in the above wound types.

When used on closed surgical incisions, it is intended to manage the environment of surgical incisions that continue to drain following sutured or staple closure by maintaining a closed environment and removing exudates via the application of negative pressure wound therapy.

Contraindications

Do not place foam dressings of the V.A.C.® Therapy System directly in contact with exposed blood vessels, anastomotic sites, organs or nerves.

Note: refer to your clinician for additional information concerning the V.A.C.® Therapy System safety information and **bleeding**.

V.A.C.® Therapy is contraindicated for patients with:

- 1 Malignancy in the wound
- 2 Untreated osteomyelitis
Note: refer to your clinician for additional information concerning the V.A.C.® Therapy System safety information and **Osteomyelitis** information
- 3 Non-enteric and unexplored fistulas
- 4 Necrotic tissue with eschar present
Note: after debridement of necrotic tissue and complete removal of eschar, V.A.C.® Therapy may be used
- 5 Sensitivity to silver (V.A.C.® Granufoam Silver™ Dressing only)

Frequently asked questions

Do not place 3M™ V.A.C.® Dressings in contact with exposed blood vessels, anastomotic sites, organs, nerves. Please discuss and review this information and the device instructions for use with your clinician so you can fully understand the benefits and risks of 3M™ V.A.C.® Therapy.

1 How does 3M™ V.A.C.® Therapy feel?

Most patients describe V.A.C.® Therapy as a non-painful, mild pulling sensation that, in most cases, is not noticeable after a few minutes. Wound comfort may vary by individual. The wound may become tender or itch as it heals; this is usually a good sign. If itching or discomfort persists, please contact your doctor.

2 Can you move around while on 3M™ V.A.C.® Therapy?

Your ability to move around depends on your condition, the wound location and type of therapy unit prescribed. The V.A.C.® Therapy System may be disconnected so you can take a shower. Therapy may not be off any longer than two hours per day. If therapy is off/interrupted for more than 2 hours, dressings will need to be changed.

3 What does the foam dressing look like when 3M™ V.A.C.® Therapy is working?

Your doctor may prescribe a 3M™ V.A.C.® Granufoam™ Dressing, 3M™ V.A.C.® Granufoam Silver™ Dressing or 3M™ V.A.C. Whitefoam™ Dressing for your wound type. The V.A.C.® Granufoam™ Dressing and V.A.C.® Granufoam Silver™ Dressing will shrink down and wrinkle like a raisin when V.A.C.® Therapy is working. The V.A.C. Whitefoam Dressing may only have a few wrinkles.

4 Does changing the 3M™ V.A.C.® Dressing hurt?

Some people do experience discomfort during dressing changes depending on the wound type, location and patient condition. The discomfort is similar to other dressings and wound care treatments for the same wound type. 3M™ V.A.C. Dermatac™ Drape is kind and gentle to skin. The low tack adhesive allows for easier removal which may be helpful for patients with thin or sensitive skin. Your doctor or nurse can give you advice about pain relief.

5 Who should change my dressing?

Usually a nurse from your doctor's office, home health agency or wound care clinic trained in V.A.C.® Therapy, will change your dressing.

6 When should I call my clinician when on 3M™ V.A.C.® Therapy?

Immediately report to your clinician if you have any of these symptoms:

- ▶ Fever over 39°C
- ▶ Diarrhoea
- ▶ Headache
- ▶ Sore throat
- ▶ Confusion
- ▶ Sick to your stomach or vomiting
- ▶ Dizziness or feeling faint when you stand up
- ▶ Redness around the wound
- ▶ Skin itches or rash present
- ▶ Wound is sore, red or swollen
- ▶ Pus or bad smell from the wound
- ▶ Area in or around wound feels very warm
- ▶ A sudden increase or a large amount of blood from wound in the tubing or canister

7 What happens if the 3M™ V.A.C.® Therapy System alarms?

The V.A.C.® Therapy System is built with your safety in mind. The 3M™ V.A.C.® Therapy Unit has alarms that you can see and hear which will alert you to a potential problem. In most situations, the reason for the alarm is easily fixed. Refer to the 3M VAC Troubleshooting Guide that came with your therapy unit for information on alerts and alarms. If needed, call your clinicians or 3M for assistance: UK 24/7 helpline 0800 980 8880 and Ireland 24/7 helpline 1800 33 3377. This is something your clinician can explain in more detail, so you are comfortable with this alarm system.

8 How noisy is the 3M™ V.A.C.® Therapy System?

All of the V.A.C.® Therapy Systems are medical devices with moving parts. Noise may seem louder at night when surrounding noise level is greatly decreased. The units are designed with software that helps to identify leaks at the wound site. When a leak is present, the unit may make a ramping noise and the unit will begin to alarm.

When the seal has been fixed, the unit will no longer alarm and the ramping noise will stop. The unit may also have a gurgling sound when clearing air from the system.

9 Who should I contact if I have further questions?

Contact your clinician with any medical questions. In case of an emergency immediately call your local emergency contact number.

UK 24/7 helpline
0800 980 8880

Ireland 24/7 helpline
1800 33 3377

Troubleshooting guide

The 3M™ ActiV.A.C.™ Therapy System has been designed to deliver the proven benefits of 3M™ V.A.C.® Therapy in an easy-to-use system that fits patients' active lifestyles. Understanding its functions and being able to identify and resolve potential problems is essential to providing effective therapy.

System alarm	Alarm condition	Action/resolution
Canister full alarm	Unit has detected the canister is full and should be replaced despite minimal amounts of fluid in canister.	<ul style="list-style-type: none">▶ Change 3M™ ActiV.A.C.™ Canister
Blockage alarm	Unit has determined that blockage is present.	<ul style="list-style-type: none">▶ Check tubing for closed clamps, kinks, crimps or blockages▶ Inspect to ensure a 2.5cm hole has been cut in the drape▶ Ensure dressing and drape have not shifted and blocked 3M™ SensaT.R.A.C.™ Pad outer lumens
Leakage alarm	Unit has detected a significant negative pressure leak which has not been resolved. If this alarm is not resolved within 3 minutes, therapy will stop.	<ul style="list-style-type: none">▶ Use leak detection procedures and the 3M™ Seal Check™ Feature, as discussed in the Quick Reference Guide which accompanies this device, to help find and resolve leak
Battery critical alarm	Alarm indicating 30 minutes of battery power remaining.	<ul style="list-style-type: none">▶ Immediately recharge battery▶ Ensure power cord is securely connected to therapy unit
Low pressure alarm – therapy interrupted	Unit indicates negative pressure at wound may be below set pressure, potentially compromising therapeutic benefits.	<ul style="list-style-type: none">▶ Check tubing for closed clamps, kinks, crimps or blockages▶ Ensure dressing and drape have not shifted and blocked SensaT.R.A.C. Pad outer lumens

* Other alarms and features exist. Always read and follow (if patient, discuss with your clinician) detailed Instructions for Use along with important safety information provided with the ActiV.A.C. therapy unit and disposables.

Detecting and resolving common ActiV.A.C. Therapy System alarms. To be used in conjunction with device User Manual.*

Note: please keep the small white tubing cap, which is attached to the end of the canister tubing, as it will assist when on a troubleshooting call with 3M.

User tips

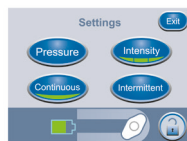
- ▶ Avoid placing the ActiV.A.C. Therapy Unit into carrying bag with canister pointing upwards. Unit should be worn or hung so that touchscreen is visible in window
- ▶ Avoid placing therapy unit upside down (with touchscreen facing down) for prolonged periods of time



- ▶ Ensure a 2.5cm hole has been cut in the drape
- ▶ A smaller hole, an “x” or a slit may cause blockage, pressure fluctuations and other functionality issues
- ▶ Ensure SensaT.R.A.C. Pad is located in a flat area of the body, avoiding a skin fold
- ▶ Avoid the additional use and application of adhesive tape on or over SensaT.R.A.C. Pad



- ▶ For larger, highly exudating wounds, adjust intensity level to highest level to ensure a faster draw down. Default setting is low intensity

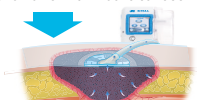


- ▶ Charge ActiV.A.C. Therapy Unit at least twice a day
- ▶ Address dressing leak alarms as quickly as possible to avoid a drain on the unit's battery



- ▶ Lower therapy unit and tubing to or below wound level
- ▶ Ensure a 2.5cm hole has been cut in the dressing where the SensaT.R.A.C. Pad is placed

Therapy unit and tubing should be at or lower than wound surface



Guide notes for using the passport:

This passport is an informative and personal document, designed for people living with a wound and using 3M™ V.A.C.® Therapy.

It incorporates patient focused education, frequently asked questions and information regarding treatment and management of a wound using V.A.C. therapy.

When attending medical appointments or admittance to hospital it should be made available to the health care practitioner looking after you.

It should highlight the needs, challenges and things that are important to you.

My information

Name

Date of birth

My address

For further information, please contact

Name

They are my ☐ Care worker ☐ Support worker
☐ Carer ☐ Friend ☐ Family

Telephone number

My GP

GP name

Telephone number

Practice address

My allergies and medication

I am allergic to

My care workers

Other agencies and professionals that are working with me

My dressing change record

My dressings were changed on (date and time)

The dressing that was used is (please tick):

☐ 3M™ V.A.C.® Granufoam™ Dressing

☐ 3M™ V.A.C.® Whitefoam™ Dressing

☐ A wound contact layer

Combination of dressings (please describe):

How many pieces of foam have been inserted
and where anatomically?

Additional information

Pressure was set at:

☐ -125mmHg ☐ Other

Infection diagnosed:

☐ Yes ☐ No

Result

Signature

My next appointment

Date

Time

Location

My dressing change record

My dressings were changed on (date and time)

The dressing that was used is (please tick):

- ☐ 3M™ V.A.C.® Granufoam™ Dressing
☐ 3M™ V.A.C.® Whitefoam™ Dressing
☐ 3M™ Adaptic™ Touch Non-Adhering Silicone Dressing

Combination of dressings (please describe):

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and where anatomically?

Additional information

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My next appointment

Date

Time

Location

If you have any concerns,
please call our 24 hour helpline:

UK 24/7 helpline
0800 980 8880

Ireland 24/7 helpline
1800 33 3377



References

1. Riou JP, Cohen JR, Johnson H Jr. Factors influencing wound dehiscence. *Am J Surg.* 1992 Mar;163(3):324–30. doi: 10.1016/0002-9610(92)90014-i. PMID: 1531739.
2. Abbas SM, Hill AG. Smoking is a major risk factor for wound dehiscence after midline abdominal incision; case-control study. *ANZ J Surg.* 2009 Apr;79(4):247–50. doi: 10.1111/j.1445-2197.2009.04854.x. PMID: 19432709.

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