

Using Topical Negative pressure therapy to help your wound to heal

Information and advice for patients

What is Topical Negative Pressure Therapy?

Topical Negative Pressure therapy applies a gentle suction to your wound to improve wound healing. A special foam or gauze dressing is applied to your wound and covered with a clear film dressing. This is connected to a special suction pump which creates a vacuum at the wound bed. The dressing will shrink down into your wound as the suction is applied.

What are the benefits of this treatment?

The benefits of using topical negative pressure therapy on your wound are:

- Removal of excess fluid from your wound
- Encourages blood flow to your wound bed
- Encourage wound healing

What are the risks?

Some people may find it uncomfortable and experience a drawing sensation at the wound bed. This can be alleviated by the doctor/nurse adjusting the therapy or by taking pain killers prior to your dressing being changed.

Are there any alternatives to this therapy?

The alternative is to use conventional dressings to heal your wound.

Preparing for the therapy

Before the therapy is started you will receive a full explanation of how it works and be able to ask questions. You will then be asked to sign a consent form to confirm that you agree to have the therapy.

How long will the therapy be on the wound?

How long you have the therapy for is dependant on a number of factors

- The size and type of wound
- Your general health
- How your wound is healing

How often is the dressing changed?

The dressing will be changed usually 2-3 times a week. You do not have to stay in hospital whilst you have this therapy.

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Can I move around whilst on the therapy?

You can move around while you are on the therapy.

What can you do to help heal your wound?

You need to eat a varied diet which includes carbohydrates, proteins, fats, vitamins and minerals. The nurse can discuss this with you or refer you to a dietician if you need advice on what to eat.

What happens if the machine alarm sounds?

The machine alarm may sound and will display a reason why. If you hear the alarm contact your nurse immediately for advice.

Hints and tips whilst the therapy is in use

The pump should always be switched on when in use.

If you experience a sudden increase in pain or there is blood in the tubing\canister contact your nurse immediately for advice.

Contact details

If you have any questions or concerns about this treatment please contact the nurse looking after you.

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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Sources used for the information in this leaflet

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