Home Care Instructions for VAC Therapy

Thank you for choosing Georgia Health Sciences Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Activity
- The VAC is designed to permit freedom and flexibility to maintain mobility. Your ability to move depends on the location of your wound and treatment that your doctor prescribes.

Wound Care
- The VAC therapy system uses suction to promote wound healing. It removes infected material and fluids from the wound through tubing into canister.
- The suction should not be off for longer than 2 hours daily. If the VAC suction is off for more than 2 hours, we must remove the VAC and cover the wound with a wet to dry gauze dressing.
- The VAC dressing will be changed every 48-72 hours, unless otherwise ordered by your doctor.
- You may take a shower on the days your dressing is changed. You must be disconnected from the VAC pump to shower. When the tubing is disconnected please cover each end with a VAC cap or glove.
- You need extra fluid and calories to heal a wound. Please drink 8-8oz. glasses of water daily and take a multivitamin. A diet rich in protein and Vitamin C can help the healing process. Nutritional supplementation with Boost or Ensure may be recommended if your appetite is poor and healing is slow.

Medications
- You may have mild discomfort with dressing changes. Please take your prescribed medication at least one hour before anticipated dressing changes.
- VAC therapy sometimes causes pain when the suction is first applied. If pain persists, please tell us so that we can adjust your therapy.

Alarms
- Low battery - To prevent a low battery, the system should be plugged directly into an electrical outlet. In general, you can expect one hour of use for every hour the battery is charged.
- Canister Full - change the canister every Friday or when the VAC canister is full.
- Unit off- the alarm will sound if the unit is turned off for more than 15 minutes. (Please note the on/off button is located at the top left hand corner of the unit)
- Leak detected - Ensure tubing is connected at the junction and attempt to “patch” the leak using a piece of the VAC drape.
- If you have any questions you may contact KCI at 1-800-275-4524.

Call your doctor if:
- You develop a sudden increase or large amount of blood from your wound. If this occurs, TURN off the unit right away and apply pressure over the area.
- You develop a bad smell or odor from the wound.
- You notice redness, warmth, or increased soreness around the wound.
- You develop a fever of 101.5 degrees or higher.
**Follow Up**

We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure that you are healing and arrange any further care that you need. If you need to talk to your doctor, you can call:

**Days:** 706-721-2198

**Evenings, Nights, & Weekends:** Ask to speak to the Plastic Surgeon on call