

**Patient  
Information**

# Negative Pressure Wound Therapy (NPWT)

## Introduction

You have been given this leaflet because it has been suggested that Negative Pressure Wound Therapy (NPWT) may assist in the healing of your wound.

## What is NPWT?

NPWT is a medical device which is used for healing wounds.

NPWT can help to decrease the healing time of a wound, to remove excess fluid and unwanted tissue from a wound bed and draw the edges of the wound together.

You may be offered different types of NPWT, depending on the wound you have, but they all work by forming a vacuum either on the wound bed or on top of your wound.

## How long will it take for the therapy to improve my wound?

This depends on the following:

- The size and type of your wound
- Your general health

If you have any questions, please ask your nurse or doctor.

## Can I move around while on NPWT?

Generally, yes but the precautions you need to take will be discussed with you by your doctor or nurse before the medical device is put on your wound.

## Is NPWT painful?

You may feel a slight 'sucking' or 'drawing' sensation when NPWT therapy is first started. Sometimes the wound can itch as it heals. This is usually a good sign but if it continues or becomes unpleasant, please tell your nurse.

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**How often will the dressing need to be changed?**

It will depend on the NPWT you have but this will be discussed by your doctor or nurse before treatment is started.

**Will it hurt when the dressing is changed?**

Some people have discomfort during dressing changes. This can depend on the type and location of the wound. The nursing staff will give you advice on pain relief and will be happy to talk through any concerns you may have.

**What happens if I have a problem with the NPWT?**

You will be given all the information you need before starting NPWT and the contact details of who you need to speak to if there is a problem.

If you are going home with NPWT, the nurse looking after you will give you this information.

**Useful contacts**

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MACC programme, supported by the Health Foundation.

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options. *Academy on Patient Education and Counseling*, 2011;94: 379-83.



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>