

Date of procedure:

**Advice for Patients after insertion of Nexplanon®**

Implants are an extremely effective method of contraception. Please follow the advice below:

- If you have had the Implant inserted on day 1 to 5 of your period then it will be effective immediately.
- If you are still using the combined oral contraceptive pill, the progestogen only pill, the contraceptive patch (Evra®), the contraceptive injection (Depo-Provera®), or an Implant inserted within the past 3 years, then the Implant will also be effective immediately.
- Otherwise you will need to wait for 7 days for the Implant to become fully effective.

*Looking after the insertion site*

- You can remove the Elastoplast in three days.
- If a pressure bandage has been applied this should be kept on for the next 24 hours to help reduce bruising and swelling around the insertion site. It should be loosened if tingling, numbness or colour change occurs.

*Follow up*

- A routine follow-up appointment is not required after having the Implant fitted but you should return to your usual contraceptive clinic or the clinic where the device was fitted if you have any concerns.
- It is not unusual to experience some irregular bleeding with the Implant. There are treatments that can be offered to try to help settle the bleeding.

You should have your Implant removed / changed by ..... date

**Advice for Patients after removal of Implanon®/Nexplanon®**

*Ongoing Contraception.....*

- Implants stop working very quickly after removal. If you do not wish to get pregnant you should start using another method of contraception immediately.

*Looking after the removal site*

- To help reduce bruising and swelling around the insertion site you should keep the pressure bandage on for the next 24 hours. It should be loosened if tingling, numbness or colour change occurs.
- You can remove the steri-strips in three days.
- It is rare to develop infection at the insertion/ removal site

**If you have any concerns after the procedure:** you may return to the clinic where your device was fitted, or one of our other clinics. Alternatively you may visit your GP or your local A&E if an emergency. Should you need to discuss your concerns with a clinician you may call **020 3317 5252** within 4 weeks of your procedure.

**Clinician name & signature:** .....

See over for more information

Yes  No