

Advice for Patients after insertion of Nexplanon®

When can I rely on my implant for contraception?

- If you have had the Implant inserted on day 1 to 5 of a normal period then it will be effective immediately.
- If you are still using the combined oral contraceptive pill, the progestogen only pill, the contraceptive patch, the vaginal ring, the contraceptive injection, 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 dressing in three days.
- If a pressure bandage has been applied this should be kept on for the next 2-3 hours to help reduce bruising and swelling around the insertion site. It should be loosened if tingling, numbness or colour change occurs.
- It is rare to develop infection at the insertion site, but if you think it is infected see your clinic or your GP.

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 if it persists.

How long does my implant last:

- *Nexplanon, the implant we provide is licensed for use for 3 years.*

Advice for Patients after removal of a contraceptive implant

When should I start to use another method of 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 2-3 hours. It should be loosened if tingling, numbness or colour change occurs.
- You can remove the steristrips in three days. If you had stitches these should be removed at 5 days.
- It is rare to develop infection at the removal site, but if you think it is infected see your clinic or your GP.

If you are having problems or think something is wrong after your implant procedure you should make an appointment at one of our clinics. Alternatively you may visit your GP, or your local walk-in centre. If you have concerns within 2 weeks of having an procedure, whilst we prefer you to make an appointment, you can walk-in if there are no suitable appointments, or phone **020 3317 5470** if you wish to discuss your concerns with a clinician.