

Advice after insertion, removal or replacement of contraceptive implant

Looking after your insertion/removal site

- Significant problems after this procedure are rare although it is not unusual to experience some bruising and mild discomfort
- If a pressure bandage has been applied this should be kept on for the next 2-3 hours to help reduce bruising and swelling. It should be loosened if tingling, numbness or colour change occurs.
- Keep the area clean and dry.
- You can remove the dressing after three days. If you had stitches these are normally absorbable (only in specialist clinics). Your clinician will advise you if they need to be removed.
- It is rare to develop infection, but if you think the wound is infected see your clinic or your GP.

Pregnancy protection: You have had an implant fitted or replaced

Nexplanon is licensed for contraception for 5 years but can be removed earlier if you no longer want it.

It is not unusual to experience irregular bleeding with the implant. There are treatments that can be offered to try to help it settle.

Your clinician will have told you when the new device will start to work (usually after 7 days)

You have had your implant removed

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

Follow up

A routine follow-up appointment is not required after the procedure but you should seek advice if you have any concerns.

If you want to talk to us you can make an appointment by visiting our website

<https://www.sexualhealth.cnwl.nhs.uk/>

If your concerns are within 4 weeks of your procedure and you cannot get an appointment, you may phone 0203 3175470 to discuss the concerns.

Alternatively, you may visit your GP, or your local walk-in centre.