



Patient Information

Nexplanon (Contraceptive Implant) After your removal appointment

What can you expect after your implant removal?

- The removal site will be dressed with steristrips, a plaster and you may have a pressure bandage applied.
- The local anaesthetic will last for two hours. Paracetamol can be taken, as per packet instructions, for any aching after the procedure.
- Bruising is common and will disappear within a few weeks.
- The scar from the implant removal site will fade with time.

How should you care for your implant removal site?

- If you have a pressure bandage, this should be kept in place for one day.
- The plaster and steristrips should be kept in place for three-five days.
- Please keep the implant removal site dry for three-five days. You might find it helpful to wrap the area in cling film when you wash or shower, in order to do this.
- If you have required stitches, you will need to book an appointment for these to be removed by the practice nurse at your GP surgery, seven-ten days after the procedure.
- Avoid any strenuous activity or heavy lifting for a few days following the procedure.

When should you contact a healthcare professional after implant removal?

Routine follow-up is not required. However, you should contact the clinic, your General Practitioner (GP), or call 111 promptly if:

- You experience symptoms of skin redness, tenderness, swelling or pus at the implant removal site, or are feeling feverish.



Nexplanon (Contraceptive Implant) After your removal appointment

- You experience any burning pain, shooting pain, numbness, tingling or altered feeling in your arm, hand or fingers.
- You have any other concerns

Reference: <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-implants-feb-2014/>

Contact Sexual Health Services

Telephone: 01793 604038

Website: www.swindonsexualhealth.nhs.uk/clinics

Opening times:

Monday 09.30-20.00

Tuesday 09.00-19.00

Wednesday 09.00-16.00

Thursday 09.00-19.00

Friday 08.30-11.00

Saturday 09.00-11.00

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Integrated and Community Care

Department: Sexual Health

Approved Date: 23 June 2022

Next Review Date: July 2025

Document Number: I&CC - PIL136