

A graphic consisting of a dark blue speech bubble with a multi-colored border (yellow, green, blue, purple, red) and the text 'Patient Information' in white.

Patient Information

Nexplanon (Contraceptive Implant)

After your fitting appointment

What can you expect after your implant fitting?

- The fitting 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 fitting site will fade with time.
- You may experience some irregular or prolonged vaginal bleeding after the implant is fitted. This most commonly occurs in the first three-six months of use. It is usually light bleeding and often improves. However, if you are unhappy or concerned by your bleeding pattern, please book an appointment to see us. There are treatment options available to help.

How should you care for your implant 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 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.
- Avoid any strenuous activity or heavy lifting for a few days following the procedure.

What additional information do you need to remember about your implant?

- Your implant may not protect against pregnancy immediately. Discuss with your healthcare provider when you can begin to rely on your implant to protect against pregnancy.
- Your implant will expire in three years. **We will not send you a reminder that your implant is due to expire**, so it is important to keep your implant card –



Nexplanon (Contraceptive Implant) After your fitting appointment

with details of the implant expiry date written on it – somewhere safe and memorable.

- Whilst the implant can protect against pregnancy, it cannot protect against sexually transmitted infections (STIs). Using condoms and STI testing is recommended if you have a new sexual partner.

When should you contact a healthcare professional after implant fitting?

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 site, or are feeling feverish.
- You experience any burning pain, shooting pain, numbness, tingling or altered feeling in your arm, hand or fingers.
- You cannot feel your implant.
- Your implant feels broken or different.
- You think you may be pregnant.
- 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 - PIL137