

Post Nexplanon Insertion

- You have just had a contraceptive implant fitted. It is called Nexplanon and is a subdermal hormone implant that provides contraceptive cover for 3 years. At the end of this time it needs to be removed and can be replaced with a new one.
- It is important that you leave the bandage (if used) and dressing on for at least 24 hours and that you keep the area dry and clean during that time.
- Your arm may be a little tender and bruised but this will settle.
- If the area around your implant becomes hot and red with increased tenderness please contact your local clinic or your GP.
- You are able to feel your implant just under the skin. Please check it regularly and contact your local clinic if it seems to be bent / broken or you cannot feel it. If this happens use other contraception too or abstain from sex until you have been seen.
- Your periods are likely to change. Some people have no bleeding, some people irregular bleeding and some troublesome bleeding. Bleeding problems often settle within the first 6 months of use and are not harmful but please feel free to contact your local clinic to discuss any problems. It would be helpful if you kept a record of your bleeding pattern if you are experiencing problems.
- Your implant does not need to be checked by us unless you have any problems. Keep your card in a safe place and remember to come back to have it removed or changed 3 years from the date it is fitted.

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