

Implanon / Nexplanon removal

Patient Information

Aftercare Instructions

- It is important to leave the bandage in place for at least 24 hours. If it feels too tight do loosen it.
- Keep the dressing dry for 3 days and leave the paper steristrips in place for between 3-5 days. The strips can get wet after 3 days and will dry easily.
- Your arm may feel a bit tender, and you can have some bruising, but this should settle within a week.
- There is a small risk of your wound becoming infected. If you experience increased tenderness or the area becomes hot, red, swollen or smelly you can either contact the clinic and ask for an urgent appointment (please ensure that a doctor will be on duty) or you can visit your own GP.

From the time that the implant is removed you will no longer have contraceptive cover. If you have had another implant fitted or started another method straight away and your implant was in date, you will have continued cover, and no extra precautions are needed.

For more information, please contact Sexual Health West Sussex on 01903 285199 or visit our website on www.sexualhealthwestsussex.nhs.uk