

**Department of Sexual Health**

 **Information Leaflet**

**Advice after having a Contraceptive Implant**

Wound care instructions:-

* It is important to keep the injection site clean and dry so that it does not become infected.
* Keep the paper stitches and dressing on for 2-3 days- if they come off put a plaster over the wound.
* It is normal to get bruising where the implant was put in, but see a doctor or nurse if the wound becomes hot, red and swollen.

Contraceptive advice:-

* Remember to use another method of contraception for 7 days before relying on the implant unless otherwise informed

 by the health professional.

* The implant (Nexplanon®) can be used as a method of contraception for 3 years.



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General information:-

* Don’t bend or play with the implant – this can break it!
* It is quite common to get some itching around the site of the implant. This usually settles in a few days.
* It is normal to get bruising where the implant was put in, but see a doctor or nurse if the wound becomes hot, red and swollen.
* It is common for women to have irregular bleeding patterns after an implant has been inserted. If this is troublesome seek advice.
* No routine follow up is required.

If you have any concerns telephone your GP/Practice nurse, on

or Sexual Health on 01294 323226

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