

Department of Sexual Health

Information Leaflet

Advice after having a Contraceptive Implant

You have had a contraceptive implant fitted into your arm. It will work for three years. When your implant is removed your fertility quickly returns to normal.

Wound care instructions:

- Keep the insertion site clean and dry to stop infection.
- Keep the paper stitches and dressing on for 2-3 days- if they come off put a plaster over the wound.
- Bruising where the implant was put in is normal.
- See a doctor or nurse if the wound becomes hot, red and swollen, if there is pus from the wound or increasing pain.
- Itching is common around the site of the implant. This usually settles in a few days.
- **Once your wound has healed, check you can feel the implant. If you cannot, contact your local sexual health clinic or your GP.**

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- **Once your wound has healed, check you can feel the implant. If you cannot, contact your local sexual health clinic or your GP.**

Contraceptive advice:

- The implant takes 7 days to start working.
- Use other contraception such as condoms for 7 days before relying on the implant unless a doctor or nurse says so.
- The implant (Nexplanon®) is used as contraception for 3 years.

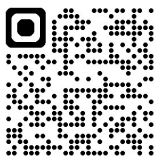
The implant might change your normal period pattern:

- Most women using the implant have irregular periods.
- Some women have no periods on the implant (this is safe).
- Some women bleed more often than normal. This can be annoying but is not harmful. If you bleed for a long time speak to a doctor or nurse. You can get tablets to help the bleeding.

General information:

- Don't bend or play with the implant – this can break it!
- No routine follow-up is required.
- It is safe to use the implant while breastfeeding.

If you have any concerns telephone Sexual Health on
01294 323226 or see your GP/Practice nurse



<https://www.nhsinform.scot/healthy-living/contraception/contraceptive-implant>

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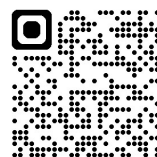
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