



Advice regarding the REMOVAL of the contraceptive implant, Nexplanon

A pressure bandage will be put on your arm to reduce bruising. It is important that you keep this clean and dry. You can use your arm normally but try not to knock the area. The bandage can be removed after 24 hours. If your arm feels numb, cold or tingly, please loosen the bandage as it is not intended to reduce blood flow through your arm. The arm must be kept clean and dry, so will need to be covered with plastic if you take a bath or shower. The butterfly plaster covering the small wound at the insertion site should be left alone, and will fall off naturally over the next 7 days.

You may find that you have some mild bruising and discomfort around the site of insertion after the local anaesthetic has worn off. It is safe to treat this with your usual pain killers such as paracetamol. Alternatively, Ibuprofen (Nurofen) can be taken if you have no medical reason such as asthma or stomach ulcers not to take them.

It is important to return for follow-up if the doctor or nurse has advised you to. Otherwise, there is no need for a routine check after Nexplanon is removed, UNLESS the skin looks red and angry around the site of insertion or it is tender or you have a fever; as if any of these signs or symptoms occur, you must contact a doctor as you may require antibiotics.

If you don't want to become pregnant, you should start to use an alternative method of contraception immediately.