

RECOMMENDATIONS FOLLOWING INSERTION OF NEXPLANON®

You should stay in the clinic for another 15 minutes after the procedure.

- The implant starts working in 7 days to prevent pregnancy.
- You may need a back-up method for the first 7 days after implant placement to prevent pregnancy.
- The implant can remain in place for up to 3 years.

Things to know:

- After the numbness in your arm wears off, you may have some soreness for a day or two where the NEXPLANON® was inserted. Ibuprofen or other over-the-counter pain relievers, and cold packs, can reduce pain and swelling.
- Keep the pressure dressing (elastic bandage) on for 24 hours, and keep it dry.
- Keep the adhesive bandage on for 3-5 days.
- You may have some swelling, bruising, or discoloration for up to two weeks.
- Try not to bump the place where the NEXPLANON® was put in for a few days.
- You may return to school or work after your visit. You can go back to normal daily activities immediately after the NEXPLANON® has been put in.

Warning Signs:

- Redness, swelling, warmth, drainage or persistent pain from insertion site
- Fever (>38,5°C)

If you develop any of the above warning signs you should be seen by a health care provider. You can call us, or go to your usual health care provider.

After the incision has healed, you don't have to worry about bumping it or putting pressure on it. You can do whatever you usually do.

Check regularly the presence of the implant by touching it through the skin.

Make a menstrual calendar.