

Wound care after Nexplanon[®] implant fitting, removal or replacement

The aim of this information leaflet is to give you advice on how to care for your wound after the fitting, removal or replacement of a Nexplanon[®] contraceptive implant (the 'rod'). It also gives you information about any follow up and when to seek medical advice.

General advice:

- Mild discomfort and bruising are common following the fitting or replacement of a contraceptive implant. Simple painkillers or an ice pack can help.
- If a pressure bandage has been applied, please leave it on for a few hours.
- Unless you are told otherwise, your wound has been closed with Steri-Strips[®] (paper stitches) and a wound dressing. They need to stay clean and dry. When you have a wash or a shower, you could wrap some cling film around your arm to protect the dressing from water.
- Try not to replace the wound dressing as this might undo the paper stitches.
- The wound dressing and Steri-Strips[®] can be taken off after 5 days. At the time of removal, it can be helpful to wet the dressing and paper stitches to make this easier.
- If your wound has been closed with 'proper' sutures, your clinician will tell you if they will dissolve by themselves or not.
- If they are not absorbable, they need to be removed by the Practice Nurse at your GP practice.
- **Once you have removed your wound dressing, feel for your implant.** Tip: you should find your implant above the mark where it was inserted.

When to seek medical advice from Tayside Sexual and Reproductive Health Service or your GP:

Irregular vaginal bleeding is a frequent side effect of the implant and might settle with time. Serious side effects or complications are very rare.

You should seek medical advice if:

- Your wound becomes red, inflamed, increasingly painful, and persistently itchy or oozing fluid.
- You cannot feel your implant after its placement.
- Please use condoms or do not have sex until you have attended our clinic or your GP practice to have your implant checked.
- You develop vaginal bleeding which is prolonged or is concerning you, or you get other problematic symptoms which you think might be due to side effects of the implant, especially if they last longer than 3 months. Although irregular bleeding is common on the “rod” other causes need to be excluded, including STIs, if appropriate, or changes at your neck of womb (cervix).

Follow up after implant fitting or replacement:

There is no routine follow-up required.

It is your responsibility to arrange the removal or replacement of your implant when it is due to expire in 3 years. Tayside Sexual and Reproductive Health Service will not send you a reminder.

The date when your implant needs to be replaced to provide contraception will be put on a reminder card for you to keep. Please keep the card in a safe place. If you lose the card, give us a call and we will check the expiry date for you. Your GP practice should also be able to tell you the date if you consented for them to be informed of your implant insertion.

Simple implant removals or replacements can be booked online:

www.sexualhealthtayside.org/apointments/implant-appointment/

Important additional advice from your nurse or doctor after fitting or replacement:

1. Please use 7 days of extra precautions (no sex, using condoms consistently or continuing with your previous contraceptive method) after your implant fitting because your implant is not effective immediately.

Yes No

2. Please do a pregnancy test 4 weeks after the implant placement.

Yes No

Tayside Sexual and Reproductive Health Service contact details:

Ninewells Hospital

Sexual and Reproductive Health Service
South Block
Level 7
Ninewells Hospital
Dundee
DD1 9SY

Drumhar Health Centre

North Methven Street
Perth
PH1 5PD

Central telephone line: 01382 425542

Website: www.sexualhealthtayside.org

We want to hear about your care experience

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<https://www.careopinion.org.uk/tellyourstory?nacs=T101H-sex-health>

You can find more information about this here:
https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD_320144/index.htm

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This leaflet can be made available in other languages and formats on request
Speak to the nurse looking after you to arrange this