

NEXPLANON POST INSERTION INSTRUCTIONS

- 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 under your skin for 3 years.
- Removal date: _____ (3 years from today).

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. After 24 hours, you can remove the dressing.
- Keep the 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:

Within First Week

- Redness, warmth, drainage or persistent pain from insertion site
- Fever ($>101^{\circ}\text{F}$)

At Any Time

- Feeling pregnant (breast pain, nausea)
- Positive home pregnancy test

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 hold your child, carry books, do housework, or do whatever you usually do.



NEXPLANON POST REMOVAL INSTRUCTIONS

- The implant no longer protects against pregnancy immediately after removal.
- You should start another method immediately after removal if you do not want to become pregnant – use a back-up method for the first 7 days after starting the new method.

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 removed. 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. After 24 hours, you can remove the dressing.
- Keep the bandage on for 3-5 days.
- You may have some swelling, bruising, or discoloration for up to two weeks.
- You may return to school or work after your visit. You can go back to normal daily activities immediately after the Nexplanon has been removed.

Warning Signs:

Within First Week

- Redness, warmth, drainage or persistent pain from insertion site
- Fever ($>101^{\circ}\text{F}$)

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 hold your child, carry books, do housework, or do whatever you usually do.

