

Nexplanon implant INSERTION aftercare advice

- You have had an implant fitted in your arm.
Keep the wound area clean and dry for at least 7 days.
- Keep the dressing on for 2 days.
- Keep the plaster on for 5 days.
- The area where the implant was inserted may feel numb for 2-3 hours after the fitting. If you experience any pain you may take painkillers e.g. Paracetamol as instructed by the manufacturer.
- You may notice some bruising on your arm when you remove the dressing. It will clear up within a few days. It may take weeks if you take the bandage off too soon.
- Avoid any heavy lifting for 7 days.
- If you notice any swelling, redness, or weeping from the implant site, please contact us on **01709 427777**.
- Continue pills/condoms for a further 7 days.
Any unprotected sex during this time will require emergency contraception.

Integrated Sexual Health Services

Telephone 01709 427777

Rotherham Hospital, Moorgate Road, Rotherham S60 2UD

patient information

