

YOUR NEW IMPLANT

AFTER CARE

You do not **need** a routine check-up after fitting. You should contact us if you have any concerns.

- You have just had an implant fitted and it lasts up to 3 years, at which point it must be removed or replaced as it cannot be relied on for contraception after 3 years. It is 99.9% effective during the 3 years.
- A dressing has been applied which should remain on for 3-5 days and be kept dry. After this time, you can remove the dressing, allow the steristrips (small sticky strips) to fall off naturally.
- The area where the implant was inserted may feel numb for 2-3 hours after the fitting.
- Although most aches will settle over the first few days, it may be tender for a couple of weeks if knocked.
- It is normal for a small amount of bleeding after this procedure. If there is excessive bleeding, please apply pressure for 10-15 minutes.
- There are no stitches. Try to keep it as clean as possible until the skin has fully healed. There will be a small scar where the implant has been inserted.

If pain is worsening despite painkillers, bleeding persists despite pressure, you are concerned the wound is infected or any other concerns or queries - contact your GP, the Out of Hours Service (telephone 111), the Walk in Centre or the Casualty/A+E Department as appropriate.

- A fibrous capsule forms around the implant which keeps it in place. It is important not to press or “fiddle” with the area for the first month after fitting as this may delay the capsule formation. Avoid heavy lifting with the arm for 7 days after the procedure.
- The implant takes about a week to have full contraceptive effect, so please avoid sex or continue to use your current method of contraception, or condoms for the next 7 days. It is effective immediately if it has been fitted during the first 5 days of your period.
- If you have any concerns at all about a possible pregnancy, from relying just on condoms prior, you should do a pregnancy test in 3 week’s time.
- If you are planning a pregnancy, you should take folic acid and vitamin D for 3 months before the implant is removed.
- Please monitor the bleeding pattern you have and return to seek a nurse or GP appointment if this is problematic. 20% women can have frequent bleeding, 20% no bleeding, 60% infrequent bleeding.
- There is the option of adding in other oral hormone contraception for a few months to possibly reduce/stop the bleeding.
- Ensure if you are started on new medication to alert the prescriber you have an implant. Avoid St Johns Wort and modafinil as they impact on the effectiveness of the implant.
- Although the implant is effective for 3 years it can be removed at any point if you no longer want it, for example if you are planning to get pregnant. It involves some local anaesthetic to numb the area and a small incision to remove the implant. If there are concerns it would be difficult to remove (e.g. too deep or not palpable) you may need to be referred to see a specialist who will remove the implant using ultrasound guidance. There may be a slightly longer wait for this appointment.