

YOUR NEW IMPLANT

Surgery:

Tel no:

Implant fitted on:

By:

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**, after which it must be removed or replaced
- A pressure bandage has been put on to keep the area clean and dry and reduce bleeding- leave it in place for at least 24 hours.
- Although most aches will settle over the first few days, it may be tender for a couple of weeks if knocked.
- There are no stitches. Try to keep it as clean as possible until the skin has fully healed.
- If the aches worsen, redness appears around the wound, or a discharge comes out, please contact the surgery for advice.
- 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.

- **The implant takes about a week to have full contraceptive effect, so please use your current method of contraception or condoms for the next 7 days.**
- **If you rely on condoms alone for these first 7 days there will be a small risk of pregnancy unless the implant has been fitted during the first 2 days of your period.**
- **If you have any concerns at all about a possible pregnancy, particularly if you have relied on condoms alone before the fitting, you should do a pregnancy test in 4 weeks time.**
- If you are planning a pregnancy, you should take **folic acid** for **3 months** before the implant is removed.
- Please keep a record of bleeding or spotting over the next few months. If it is not settling in about 3 months we can often give treatment to help.

MONTH 1 Spotting = Bleeding =

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTH 2

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTH 3

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				