

Subdermal Contraceptive (Nexplanon®) After-Placement Care

Placement Date: _____

Recommended Removal Date (3 years from today): _____

The implant starts working in 7 days to prevent pregnancy. You should use a back-up method for the first 7 days after placement.

Common side effects:

- **Irregular bleeding.** You may have more bleeding, less bleeding, or no bleeding at all. Your cycles may change in length as well. Your bleeding patterns may be more predictable after the first 6 months after placement.
- **Bruising, swelling, and pain at the insertion site.** This commonly resolves after 24 hours with the pressure dressing. After 24 hours, you can remove the dressing and shower/bathe.

Warning signs (reasons to call your doctor):

- 1st week
 - Redness, warmth, or drainage at site of insertion
 - Fever (> 101 °F)
- Any time
 - Concern for pregnancy (breast pain, nausea)
 - Positive home pregnancy test
 - Can no longer feel implant (you should be able feel a small rod at the insertion site)

The implant should confidently prevent pregnancy for 3 years. In many studies, the implant has been shown to be effective up to 4-5 years.

Once removed, you have the ability to become pregnant at any time. You do have the option of getting another implant placed at the same visit as removal of your original implant. If you choose not to replace it, make sure you have thought about what form of contraception you will use going forward to prevent pregnancy.

The implant does not protect against sexually transmitted infections (STIs). You should use latex condoms and/or dental dams to prevent STIs. Most sexually active individuals should be tested for STIs once per year and after every new sexual partner.

You may return to work or school after your visit.

Thank you for choosing us. We are here for you!



If you have ANY concerns, please call Wayzata Children's Clinic, and talk with one of our nurses or Nexplanon providers about next steps.