

## **AFTER YOU HAVE HAD A CONTRACEPTIVE IMPLANT PROCEDURE**

### ***The first 24 hours***

Once the local anaesthetic wears off, the area around the implant may feel a little sore for a day or 2. You can take normal pain relief like Paracetamol if you need to.

### ***The next few days/the first week***

Keep the dressing on your arm clean and dry and remove it after 3-5 days.

You may have some bruising around the area of the implant which will go down within 7 – 10 days.

Do not lift anything heavy or do any exercise or activities that strain your upper arm muscles for a few days after the procedure.

To remove the dressing on your arm, gently peel it from around the edges. You may need to soak the dressing in the shower or bath beforehand if it is very stuck.

**If you have had your implant fitted or changed today, it will be working as contraception after 7 days unless you have been told otherwise.**

If you have had your implant removed today, you will be at risk of pregnancy if you have sex without a condom-unless you have been given another form of contraception to start.

### ***The next few months/3 years***

You may get some irregular bleeding with the implant, sometimes this happens immediately but it can happen at any time over the 3 years that the implant lasts for. The implant is still working even if you are getting irregular bleeding.

### ***Implant checks***

Implants can move in the arm or break; this does not happen very often. You should place your finger on your implant occasionally to feel it. If you are unable to feel it, or it feels broken, please ring your GP or SWISH.

### ***When to contact the clinic***

If you have any of the following you should contact the clinic on 0300 124 5010:

- If you have increasing pain in the implant area after the first few days when it is fitted, and it becomes red/swollen/itchy this may be signs of an infection.
- If you have problematic bleeding which lasts longer than 3 months, please contact your GP or SWISH for advice.
- If you cannot feel the implant in your arm or it feels broken.