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**HART FAMILY
MEDICAL**
AND IUD CLINIC

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Nexplanon Post-insertion Instructions

- The implant starts working in 7 days to prevent pregnancy.
- You may need a back-up method for the first 7 days after implant placement to prevent pregnancy.
- The implant can remain under your skin for 3 years.
- Removal date: _____ (3 years from today)

Things to know

- After the numbness in your arm wears off, you may have some soreness for a day or two where the Nexplanon was inserted. Ibuprofen or other over-the-counter pain relievers and cold packs can reduce pain and swelling.
- Keep the pressure dressing (elastic bandage) on for 24 hours and keep it dry. After 24 hours, you can remove the dressing.
- Keep the bandage on for 3-5 days.
- You may have some swelling, bruising or discoloration for up to 2 weeks.
- Try not to bump the place where the Nexplanon was inserted for a few days.
- You may return to school or work after your visit. You can go back to normal daily activities immediately after the Nexplanon has been put in.

Warning signs

- Redness, warmth, drainage or persistent pain from the insertion site.
- Fever (greater than 38.3°C)

If you develop any of the above warning signs, you should be seen by a health care provider. You may call us or go to your usual health care provider.

After the incision has healed, you don't have to worry about bumping it or putting pressure on it. You can hold your child, carry things, do housework, or whatever you normally do!