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**HART FAMILY
MEDICAL**
AND IUD CLINIC

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Nexplanon Post-removal Care

- The implant no longer protects you against pregnancy immediately after removal.
- You should start another method immediately after removal if you do not want to become pregnant. Use a back-up method for the first 7 days after starting the new method.

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 removed. 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.
- You may return to school or work after your visit. You can go back to normal daily activities immediately after the Nexplanon has been removed.

Warning signs

Within First Week:

- Redness, warmth, drainage or persistent pain from the removal 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 at 403-452-6622.

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!