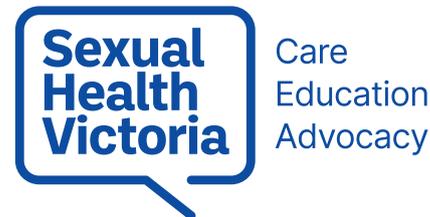


CONTRACEPTIVE IMPLANT POST PROCEDURE INFORMATION



In the first 1-7 days you can expect:

- Bruising
- Mild pain or tenderness
- Mild irritation or itching

How long to leave the dressings on:

- Leave the bandage on your arm for 24 hours to reduce bruising. If the bandage feels too tight you can loosen it slightly for comfort.
- Leave the sticky dressing on your arm for 3-5 days to keep the area clean and dry.
- If you have wound closure strips under your sticky dressing, you can leave these to fall off.

We recommend avoiding heavy lifting with the arm affected by the procedure for the first 1-2 days.

Although it is good to check that you can feel the implant in the arm, don't push hard or touch it frequently, particularly in the first week.

After implant insertion it will begin to work to prevent pregnancy:

- in 7 days
- immediately

When an implant is inserted for the first time your bleeding pattern is likely to change and will usually be less regular. Around 1 in 5 women have no periods at all. Around 1 in 5 women have long or frequent bleeding and we encourage you to return for review if this occurs.

When the contraceptive implant is removed protection from pregnancy stops immediately, unless you start another contraception straight away. Depending on which contraception you choose you may need to wait 7 days until you are protected from pregnancy.

Please contact us if you have any concerns or questions on