

# Implant fitting and removal

## Contraception and Sexual Health Patient Information Leaflet

Until your implant is fitted, it is important to continue with your current contraception. If your current contraception is an implant and you are attending for a removal and refit (exchange), you do not need to take extra precautions if your current implant is still effective (less than three years old). Duration of use is three years.

If you have had it for more than three years, you should use additional contraception until the implant is fitted and for seven days after the insertion of a new implant.

In some instances, an implant may be fitted where there is an existing pregnancy risk, for example straight after taking emergency contraception. In this case, you will be advised to use additional precautions (for example, condoms) for seven days depending on the circumstances, and return for a pregnancy test check in three to four weeks' time.

## Fitting

- Keep the dressing dry for three to five days to allow the incision site to heal. Please do not change the dressing. You can use cling film to keep the dressing dry (for example, when showering).
- Remove the dressing carefully in three to five days.
- It is common to have bruising. This should fade over the next week or so.
- Your arm may ache after the local anesthetic has worn off. Take your usual painkillers if necessary.
- There will be a small scar at the site of insertion.
- The majority of prescribed drugs do not affect the implant, however if you are given any treatment by your GP, or if you buy any medication, ask your GP or pharmacist if it will interfere with your implant.
- Depending on what contraception you were using before the implant was inserted, the person fitting the implant may advise additional precautions for seven days (for example, condoms).

## Control of irregular bleeding

- If you find the bleeding unacceptable, please return to your contraception and sexual health services who may give you a supply of the contraceptive pill to take continuously to settle the bleeding.
- If this works for controlling the bleeding, you can return for more pills.
- If it does not help the bleeding, it is important to return to your local sexual health service to discuss this and exclude any other problems that may be causing the bleeding.

## Other causes may be:

- Pregnancy
- A sexually transmitted infection (for example, chlamydia)
- A gynaecological reason

For further information, please see the Family Planning Association (FPA) 'your guide to the contraceptive implant' leaflet or visit: <https://www.sexwise.fpa.org.uk/>

## Implant removal and refit

### After the procedure:

- Keep the dressing dry for three to five days to allow the incision site to heal.
- Remove the dressing carefully in three to five days.
- It is common to have bruising. This should fade over the next week or so.
- Your arm may ache after the local anaesthetic has worn off. Take your usual painkillers.
- There will be a small scar at the site of insertion or removal.
- Steri-strips (paper sutures) should be left in place until wound edges are adherent (joined together) – this should take about three to five days. Please do not change the dressing. You can use cling film to keep the dressing dry (for example, when showering).
- If you do not have a further implant fitted, or if you are not using any alternative contraception, your fertility will return immediately.
- If you do not wish to be pregnant following implant removal, it is recommended that you start another method of contraception as soon as possible.
- It is better to start your chosen contraception before your implant is removed.

# Implant information

We are keen to make your clinic visit as easy as possible. It is important that you have read all the information and watched the video we have sent you, and that you are suitable for the procedure on the day you come.

Please read all the boxes to confirm that you have understood and agree to the following. When you attend, we will confirm that you understand everything, and you may ask us further questions.

## Nexplanon advice and information to client

I have read the information on the contraceptive implant online or I already have an implant and am familiar with the method.

<https://www.sexwise.org.uk/contraception/contraceptive-implant>

NHS Contraceptive Implant Information Video – YouTube:

<https://www.youtube.com/watch?v=RwdXHCGHsA8>

### Implant

- I know that it is intended to prevent pregnancy. It lasts three years, unless removed earlier, with a rapid return to fertility once removed.

- I understand the implant is more than 99 per cent reliable, but there is a small risk of pregnancy.

- I know that it is usually fitted, with local anaesthetic, under the skin of the upper arm leaving only a tiny scar, and I am aware of possible complications, bruising, infection, and deep insertions. I understand that a dressing will be applied and I need to wear it for 48 hours for an implant fit.

- I understand that bleeding patterns are likely to change during use of a progestogen-only implant and may vary throughout the three years of use.

If bleeding is a problem, you will be offered tablets to help this first, rather than immediate implant removal.

<ul style="list-style-type: none"> <li>• I understand that if I cannot feel the implant or it appears to have changed shape, or I notice any skin changes or pain around the implant, or I become pregnant; I will need to contact the clinic.</li> </ul> <p>If you cannot feel your implant, you will need to use extra precautions or an alternative method of contraception.</p>	
<ul style="list-style-type: none"> <li>• I understand that it is not safe to insert an implant if I might be pregnant. I am using an effective method of contraception and haven't had any problems (eg burst condom, missed pills, or the implant is overdue for change). I have not had unprotected sex (or used withdrawal) since my last period.</li> </ul>	
<ul style="list-style-type: none"> <li>• For implant removal or change, I understand that local anaesthetic is used to remove the implant and a very small cut is used, leaving only a tiny scar. I am aware of possible complications including bruising and infection. I understand that steri strips are applied with a dressing and I need to keep it dry for five days.</li> </ul>	
<ul style="list-style-type: none"> <li>• I understand that very rarely (less than one in 100) it may not be possible to remove the implant. In this case, the implant may need to be removed in a different clinic, by an experienced doctor using ultrasound guidance. The scar may be slightly bigger.</li> </ul>	
<ul style="list-style-type: none"> <li>• I understand that fertility returns immediately following removal of an implant and alternative contraceptive methods are required.</li> </ul>	

## Contact us

Contraception and Sexual Health  
 Brierley Hill Health & Social Care Centre  
 First Floor  
 Venture Way  
 Brierley Hill  
 DY5 1RU

Telephone: 01384 321480

<http://www.dgft.nhs.uk/services-and-wards/sexual-health-community/>

### **Patient Advice and Liaison Service (PALS)**

Freephone: 0800 073 0510 (9am to 5pm, Monday to Friday)

Email: dgft.pals@nhs.net

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

**The contraception and sexual health team on 01384 321480**

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/sexual-health-community/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔