

Patient guide to insertion and removal of Contraceptive implants (Nexplanon)

To arrange a fitting

If you would like to have an implant fitted please see Dr Topping, Dr Webster or one of the practice nurses for an initial consultation and prescription. Once you have the prescription for the Nexplanon please bring it to Dr Topping or Dr Webster in any normal appointment where they will be able to fit it for you.

Information about fitting of Nexplanon

The implant, which is the size of a match stick, is placed just under your skin in the inner area of your upper arm. It only takes a few minutes to put in by a specially trained doctor or nurse and feels similar to having an injection. You won't need any stitches.

After it has been fitted the doctor will check your arm to make sure that the implant is in position. You will also be shown how to feel the implant with your fingers, so you can check it is in place.

The area may be tender for a day or two and may be bruised and slightly swollen. The doctor or nurse will put a dressing on it to keep it clean and dry and to help reduce the bruising. Keep this dressing on for a few days and try not to knock the area.

Don't worry about knocking the implant once the area has healed. It should not break or move around your arm. You will be able to do normal activities and you won't be able to see it.

To arrange a removal

To arrange removal of your Nexplanon please arrange either an appointment or telephone consultation with Dr Topping in order to discuss it and arrange it at a convenient time. Removals take up to 30 minutes and are arranged separate to normal surgery times.

Information about removal of Nexplanon

An implant can be left in place for three years or it can be taken out sooner if you decide you want to stop using it.

A specially trained doctor or nurse must take it out. The doctor will feel your arm to locate the implant and then give you a local anaesthetic injection in the area where the implant is. They will then make a tiny cut in your skin and gently pull the implant out. They will put a dressing on the arm to keep it clean and dry and to help reduce the bruising. Keep this dressing on for a few days.

It usually only takes a few minutes to remove an implant. If the implant has been put in correctly, it should not be difficult to remove. Occasionally, an implant is difficult to feel under the skin and it may not be so easy to remove. If this happens, you may be referred to a specialist centre to have it removed with the help of an ultrasound scan.

If you want to carry on using an implant, the doctor or nurse can put a new one in at the same time.

For more information about this method of contraception please ask for a leaflet or go to:

<http://www.fpa.org.uk/contraception-help/contraceptive-implant>

Dr O'Connor, Dr Topping & Dr Webster