

Information for women who have had a contraceptive implant fitted

What care do I need to take over the next few days?

You will have a pressure bandage fitted over the site where the implant is inserted. This is to help reduce the possibility of bruising and bleeding in the area. It is important that you keep this bandage firmly in place for two days (48 hours) after the implant is fitted. While the bandage is in place, please keep the area clean and dry. If you need to shower, please cover the area so that it remains dry.

Please try not to do any heavy moving or lifting during this period as it may cause the implant to move.

If you feel that the bandage is too tight or that your fingers are feeling numb or cold you may loosen the bandage but make sure that it is still firmly wrapped around the site.

Usually you will not need any additional pain relief. If required please take whatever you would normally take for pain relief (Paracetamol or Ibuprofen tablets with food).

What symptoms should I worry about?

It is very rare to get any serious problems after an implant has been fitted. However if you suffer with any of the following symptoms, please see your GP or attend a sexual health clinic for advice.

- The site of the implant fitting becomes sore or starts to ooze or seep fluid or you feel it may have become infected. Your GP will be able to treat the infection with some antibiotics if necessary
- Any other side effect that is unexpected or unusual

Please read the accompanying leaflet by the Family Planning Association (FPA) for further information about side effects and changes to your periods that you can expect over the coming months.

PLEASE NOTE: Please continue with your present method of contraception – condoms or pills for 1 week after the implant insertion as advised by the nurse or doctor.