

# Implant removal and refit

After the procedure:

- Keep the dressing dry for 24 hours to allow the incision site to heal.
- After 24 hours you can bathe with the dressing on.
- The dressing is still effective if it gets wet and dries naturally following bathing.
- Remove the dressing carefully in 3-5 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 a painkiller such as paracetamol if necessary.
- 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) - about 3-5 days.
- If you had a removal and refit please read the leaflet on the other side for advice about your new implant.
- If you do not have a further implant fitted or if you are not using any alternative contraception your fertility will return immediately. Therefore, it is recommended that you start another method of contraception as soon as possible if you do not want to become pregnant.
- It is better to start your chosen contraception before your implant is removed.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at:

[EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Contraception information

**Implant fitting  
and removal**  
Patient information

# Implant

Until your implant is fitted it is important to continue with your current contraception.

Depending on which contraception you were using before the implant was inserted, and which day of your menstrual cycle it is, the person fitting the implant may advise using additional contraception for 7 days (e.g. condoms).

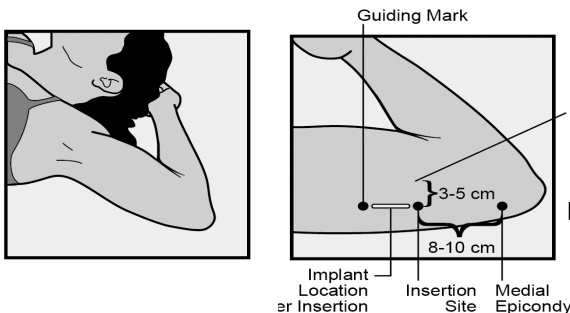
If your current contraception is an implant and you are attending for removal and refit (exchange) within 3 years you do not need to use additional contraception.

If your implant was fitted over 3 years ago then additional contraception (e.g. condoms) is recommended until the implant is fitted and for 7 days after 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 (e.g. condoms) for 7 days and return for a check pregnancy test in 3-4 weeks time.

The contraceptive implant does not protect you against sexually transmitted infections, so you may need to use condoms as well.

## Fitting



- Keep the dressing dry for 24 hours to allow the incision site to heal.
- After 24 hours you can bathe with the dressing on.
- The dressing is still effective if it gets wet and dries naturally following bathing.
- Remove the dressing carefully in 3-5 days.
- It is common to have bruising. This should fade over the next week or so.
- Your arm may ache after the local anaesthetic spray or injection has worn off. Take a painkiller such as paracetamol if necessary.
- There will be a small scar at site of insertion.
- Occasionally the skin gets itchy over the implant site. If this happens using an antihistamine cream may help.
- 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 please ask your GP or pharmacist if it will interfere with your implant.
- St John's Wort may affect how your implant works, so it advised that you avoid taking it.
- In rare cases, the area of skin where the implant has been fitted can become infected (Signs can include redness, heat and swelling). If this happens, you may need antibiotics.

You should see your GP, College or School nurse, or visit a sexual health clinic at any time if:

- You think the implant site is infected
- You can't feel the implant
- The implant feels like it's changed shape
- You notice any changes to the skin or feel any pain at the site of the implant
- You think you might be pregnant
- You have any other concerns

## Control of irregular bleeding

Your periods will probably change

- Most implant users will have irregular periods.
- In some implant users, periods will stop completely.
- Some implant users will have periods that last longer.
- If you find the bleeding unacceptable please return to either the College or School nurse, GP or local sexual health services who may give you a supply of the contraceptive pill to take continuously to settle the bleeding.
- If it does not help the bleeding it is important to return to the College or School nurse, GP or local sexual health service to discuss this and exclude any other problems that may be causing the bleeding, such as a sexually transmitted infection (e.g. Chlamydia)

For further information please see Sexwise FPA) "your guide to the contraceptive implant"

[www.sexwise.fpa.org.uk/](http://www.sexwise.fpa.org.uk/)