



## NEXPLANON

### Care for you and your implant after insertion

- Do not shower for 24 hours to allow the bandage to stay in place and the wound to begin healing
- After 24 hours, you may shower normally. When your clear outer bandage begins to peel, you may remove it and the underlying gauze
- Over the next 3-5 days, you will notice that the steri-strip bandages covering the small hole created during your implant insertion will begin to peel. Treat them like a scab and leave them in place until they are ready to peel all the way off. This typically takes 5-7 days
- Do not lift more than 10 pounds for 48 hours to reduce strain on incision site
- Although it is safe for you to be active the day of your procedure, most girls prefer to have a quiet afternoon to minimize any bruising that can occur
- Anticipate that your inner arm will bruise and may be a bit tender to touch. This should heal in the same timeframe that your bruises usually heal - turning purple, then green, then yellow, then resolving over a few weeks
- If your insertion site has pain, Tylenol is better than NSAIDs (ibuprofen, Aleve) to minimize bruising
- Call Dr. Carter at (425) 898-7408 if you notice any signs of infection: redness, swelling, drainage at the site of your implant, or if you develop a fever.
- You will have a small circular scar at the site where your Nexplanon was inserted. Once the site is healed, you may apply moisturizing cream or coconut oil to the site to minimize scar appearance
- Remember that the main side effect of progesterone will be unpredictable menstrual spotting for the first 3 months you have your Nexplanon. Plan to wear a thin, flexible panty liner or "period-proof" underwear every day
- Approximately 10% of girls have sensitive skin that reacts to hormones. If you notice increased acne in the first 3 months after your Nexplanon is inserted, call to discuss what prescription creams may help
- If you got the Nexplanon for birth control, remember to use condoms during every sexual encounter to prevent sexually transmitted infections (STIs). Also, please get tested for STIs every year, sooner if you have a new partner or any symptoms of infection such as vaginal discharge or labial sores
- Although the hormone in Nexplanon begins to work immediately, it is safest to practice abstinence or use back-up contraception for the first 7 days after insertion, if your implant was inserted more than 5 days since the beginning of the your last menstrual period.
- If you have any questions or concerns before your 3 month follow-up visit, please feel free to call (425) 898-7408 or send a message through our private patient portal