



Nexplanon (progestin implant) Aftercare

- The implant starts working in 7 days to prevent pregnancy.
- You should use a back-up method for the first 7 days after implant placement unless your period started less than 5 days ago. If your period started less than 5 days ago, the implant starts working right away, and you do not need a backup method.
- The implant can remain under your skin for 5 years.
- Removal date: _____ (5 years from today)

Things to know:

- Common side effects include: Irregular bleeding. Your periods may change. You may have more bleeding, less bleeding, or no bleeding, and periods may last longer than usual.
- Bruising and swelling at site are common in the first 24 hours. Keep the dressing on for 24 hours. After 24 hours, you can remove the dressing and take a shower or bath.
- You can check the implant by pressing your fingertips over the skin where the implant was inserted. You should feel a small rod. If you do not feel your implant, call your clinician.

You may return to school or work after your visit.

The implant does NOT protect against sexually transmitted infections (STIs). You should use latex condoms and/or dental dams to prevent STIs. Most people should get tested for STIs once a year.

Warning Signs:

Within First Week	At Any Time
Redness, warmth, or drainage from insertion site	Feeling pregnant (breast pain, nausea)
Fever (>101 degrees)	Positive home pregnancy test

If you develop any of the above warning signs you should see a clinician. You can call us (see attached appointment card) or go to your primary care provider.