

Nexplanon Aftercare Information



The following information is for intended for patients of Hope Clinic following the insertion of a contraceptive implant.

hopeclinic.com | (618) 451-5722 | info@hopeclinic.com

Hormonal methods of birth control such as Nexplanon can take up to 7 days to begin preventing pregnancy. If you have sex within the first 7 days of using Nexplanon, please use another method of birth control, such as condoms.

Nexplanon is FDA approved for 3 years, but research shows it to be effective for up to 5 years after insertion.

While Nexplanon provides protection from pregnancy, it does not provide protection against sexually transmitted infections (STIs). It is important to get tested for sexually transmitted infections (STIs) regularly. It is a good idea to get tested annually and every time you have a new sexual partner.

What to Avoid:

- Avoid upper-body exercises such as weight lifting for at least 24 hours after insertion.
- Avoid touching the insertion site of your Nexplanon while it is healing
- Avoid swimming, showering, and bathing for the first 24 hours after having Nexplanon inserted.

What to Expect:

- Keep your arm bandage on for 24 hours. After removal of the dressing, you may take a shower or bath. Make sure to keep the insertion site clean while it is healing.
- Bruising and swelling at site of insertion are common in the first 24 hours and can last for up to 2 weeks. Soreness is common in the arm for a couple of days.
 - After the insertion site has fully healed, you don't have to worry about bumping your arm or putting pressure on it. You can use your arm as normal.
- Changes in bleeding patterns including irregular bleeding, more bleeding than usual, less bleeding, or no bleeding at all. Bleeding may last longer than usual.

Maintenance

- After your insertion site has healed, you should occasionally feel your arm where your Nexplanon was placed. You should be able to feel the device just under the skin.

Reasons to contact a health care provider immediately following Nexplanon insertion:

- Redness, warmth, or drainage from the insertion site
- Fever (100.4 degrees or greater)

Reasons to contact a health care provider anytime following Nexplanon insertion:

- If you can no longer feel the implant or think it has moved significantly
- You have symptoms of pregnancy, find out you are pregnant, or have a positive pregnancy test

If at any point you decide you no longer wish to use Nexplanon as a method of contraception, please contact a healthcare provider, such as Hope Clinic or any other reproductive health provider, for removal of the device. If an implant is removed or is not where it should be, you are no longer protected from pregnancy.

Thank you for trusting Hope Clinic with your care.

Not local? Need a reproductive health provider in your area?
Visit www.opa-fpclinicdb.hhs.gov to find a family planning provider near you.