

Implant – Post Insertion Advice

The implant you have had fitted provides effective contraception for 3 years. It will provide contraceptive cover immediately/in 7 days. You need to use condoms if you have sex in the first 7 days.

The risk of the implant failing is less than 1 in 1000 during the 3 years that it is effective.

Your bleeding pattern will probably change. This means that it could be irregular, longer, shorter lighter, or stop altogether. If you find the bleeding is a problem, please contact the surgery for further advice.

Occasionally, some people find that the area around the implant becomes itchy. This is usually an allergy, which is easily treatable, so contact the surgery for advice.

You may experience some discomfort or bruising where the implant has been inserted. If the area around the implant becomes discoloured or very painful, it is important to contact the surgery for advice, as this may be a sign of infection or a haematoma (a collection of blood). This is very rare, but does require attention.

Some medicines can make the implant less effective, so it is important to say that you have an implant if you are prescribed any medicines. This includes some antibiotics and anti-epilepsy drugs.

The herbal remedy, St John's Wort, also makes the implant less effective. You are strongly advised to talk to your pharmacist, nurse or doctor about this medication.

Do not fiddle with you implant, as such action encourages the implant to move, bend or break.

If you notice that the shape of the implant has changed, please contact the surgery for advice.

The effects of the implant are completely reversible

Please be aware that the implant provides NO protection against any sexually transmitted infection. You may therefore wish to consider using a condom during intercourse, particularly with a new partner. If you are concerned that you may have contracted an STI, please speak with the nurse or doctor, or contact the Umbrella Sexual Health Service for free and confidential advice.

<https://umbrellahealth.co.uk/>

Please contact the surgery if you have any related concerns or queries.

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).