

# Progestin Implant (Nexplanon) Aftercare Instructions

Brown Health Services Patient Education Series

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## When does my Nexplanon start working?

The Nexplanon starts working in 7 days.

You will need back-up contraception (i.e. condoms) to prevent pregnancy in the first 7 days after placement. If you have sex without a condom before 7 days, you should take emergency contraception to prevent pregnancy.

## What should I do today?

You can go back to normal daily activities immediately after the Nexplanon has been placed.

Your healthcare provider applied small bandage strips and wrapped your arm in gauze. You should wear the gauze for 24 hours and keep it dry.

Once you remove the gauze wrap, let the small bandage strips fall off on their own.

## What should I expect?

After the numbness in your arm wears off, you may have some soreness for a day or two where the Nexplanon was placed.

There may be swelling, bruising, or discoloration in your arm for up to two weeks.

Your periods may change. You may have more bleeding, less bleeding, no bleeding, or bleeding between periods. Your periods may last longer than usual.

## How should I take care of myself?

Try not to bump the place where the Nexplanon was put in for a few days.

Ibuprofen or acetaminophen can help with any soreness you might have in your arm. You can buy either medication at any drug store without a prescription.

Ibuprofen pills contain 200 mg of medication. You can take as many as 4 pills (800 mg) of ibuprofen every 8 hours with food.

Acetaminophen comes in two strengths. Regular strength pills contain 325 mg of medication. Extra strength pills contain 500 mg of medication. You may take 500 mg (1 extra strength pill) or 650 mg (2 regular strength pills) every 6 hours.

## How do I check for my Nexplanon?

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 healthcare provider.

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## **Does the Nexplanon protect against sexually transmitted infections (STIs)?**

The Nexplanon does NOT protect you against STIs (HIV, syphilis, gonorrhea, chlamydia, herpes, HPV, etc.) You should ALWAYS use protection against sexually transmitted infections (i.e. external condoms, internal condoms, dental dams) if you are at risk.

## **When should I see a health care provider?**

Within the first week of the Nexplanon insertion:

- Redness, warmth, or drainage from Nexplanon insertion site
- Fever (> 101 F)
- Chills

At any time:

- If you think you have been exposed to an STI
- If you cannot feel your Nexplanon in your arm
- Feeling pregnant (breast tenderness, nausea, vomiting)
- Positive home pregnancy test