

Contraceptive subdermal implants

Information for patients about the insertion and removal of contraceptive implants

Insertion of the contraceptive subdermal implant

Date of procedure:

Having sex

Implants are an extremely effective method of contraception. Please follow the advice given to you by the clinician who has fitted your device as to when is the safest time to start having sex.

Looking after the insertion site

- You can remove the elastoplast in three days.
- If a pressure bandage has been applied this should be kept on for the next 24 hours to help reduce bruising and swelling around the insertion site.
- The pressure bandage should be loosened if tingling, numbness or colour change occurs.

Follow up

- A routine follow-up appointment is not required after having the implant fitted but you should return to your usual contraceptive clinic or the clinic where the device was fitted if you have any concerns.
- It is not unusual to experience some irregular bleeding with the implant; there are treatments that can be offered to try to help settle the bleeding.

You should have your implant removed / changed by Date:

Removal of the contraceptive subdermal implant

Ongoing contraception:

Having sex

- Implants stop working very quickly after removal. If you do not wish to get pregnant you should start using another method of contraception immediately.

Looking after the removal site

- To help reduce bruising and swelling around the insertion site you should keep the pressure bandage on for the next 24 hours. It should be loosened if tingling, numbness or colour change occurs.
- You can remove the steri-strips in three days.
- It is rare to develop infection at the insertion/ removal site

If you have any concerns after the procedure

You may return to the clinic where your device was fitted, or one of our other clinics.

Alternatively you may visit your GP, or your local A&E in an emergency.

Within four weeks of your procedure, should you need to discuss your concerns with a clinician you may call the Sexual Health Clinic on ☎ 01622 225 713

Further information and advice can be obtained from:

NHS 111
NHS Choices online

☎ 111
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

Issue date: June 2016
Database reference: RWF-SH-LEA-PAT-7

Review date: June 2019
© MTW NHS Trust

Disclaimer: Printed copies of this document may not be the most recent version.
The master copy is held on Q-Pulse Document Management System
This copy – REV1.1