

Advice following insertion of a contraceptive implant

You have had a contraceptive implant fitted into your arm. This is over 99% successful at preventing pregnancy. It works immediately. The implant will work for the next three years. When you have the implant removed your fertility will return to normal very quickly.

It is safe to use the implant if you are planning to breastfeed.

Periods

You need to be aware that the implant might change your normal period pattern:

- Most women using the implant will have irregular periods.
- Some women will have no periods during the time when they use the implant (this is safe).
- Some women might have a monthly period.
- Some women might bleed more often than normal. These changes may be annoying but they're not harmful. If you do have prolonged bleeding, you should see your GP who may be able to give you some additional medicine that can help control the bleeding.

Wound care

- Keep the wound dressing on for 48 hours to prevent infection and to reduce bleeding and bruising.
- During the first 48 hours after it has been fitted you should keep your arm clean and dry.
- If you think you might have an infection see your GP or out of hours contact **NHS 24** on **111**.

Signs of infection are:

- Swelling
- Red appearance
- Green or foul smelling discharge from your arm
- Increased pain
- Hardening of the wound area
- Heat around the wound
- Fever

Once your wound has healed, check you can feel your implant. If you cannot feel it you should contact your GP or local sexual health clinic (Sandyford in Glasgow –Tel: **0141 211 8130**).