

## The Contraceptive Implant

### Patient information

Prior to fitting please ensure:

- You have read the leaflets or if you already have an implant you are familiar with the method.
- Continue your current method of contraception until your fitting,
- Make sure you know the start date of your last period prior to the fitting.
- Allow enough time for your appointment, you would normally require at least 20 minutes
- The implant, which is the size of a matchstick is placed under the skin in the inner area of the upper arm, local anaesthetic will be given to numb the area so you won't feel the implant being put it, it lasts for 3 years.
- To remove the implant local anaesthetic will again be used, a tiny cut is made in the skin and the implant gently removed.

THE WRITTLE SURGERY  
16A LORDSHIP ROAD, WRITTLE, CHELMSFORD, CM1 3EH  
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### Patient post-insertion advice

Date of insertion: .....

Name of clinician: .....

Removal due by: .....

- If the implant is fitted within the first five days of your cycle you will be protected immediately against pregnancy
- If it is fitted at any other time in your cycle, you will need to use extra precautions such as condoms for the first seven days after the implant has been fitted
- Keep the dressing on for 48 hours. Keep this clean and dry. If it becomes wet, you can replace it with a normal plaster
- If a pressure bandage is applied, it can be removed in 24 hours.
- Bruising is common after fitting, removing or replacing the implant
- Please call the surgery if you are having any problems
- We provide you with an information leaflet and card stating when your implant will need replacing. Please keep this safe

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