

CONTRACEPTIVE IMPLANT INFORMATION SHEET



Implant

What To Expect After Your Appointment:

While you will need to take some additional care for a couple days, you can go back to normal activities immediately after the implant has been placed.

Once the incision site has healed, you are able to resume normal activities.

Please Avoid:

- Bumping or putting pressure on the incision site
- Heavy lifting (children, furniture, etc.)
- Avoid strenuous activities such as housework or sports involving your upper body

Here are a few tips and things to know to help you after your appointment:




Soreness

- After the numbness in your arm wears off, you may have some soreness for a day or two where the implant was inserted.
- Ibuprofen or other over-the-counter pain relievers and cold packs can reduce pain and swelling.
- You may have some swelling, bruising, or discoloration for up to two weeks.
- Try not to bump the area where the implant is for the next few days

The Bandages

- Keep the pressure dressing (elastic bandage) on for 24 hours, and keep it dry. After 24 hours, you can remove the dressing
- Keep the smaller bandage on for 3-5 days.

When To Consult A Health Care Provider

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- If you see **any** part of the implant protruding from the wound
 - If you notice **redness, warmth, drainage, persistent pain at the insertion site** and have a fever (38°C)
 - If any point you are **NOT** able to feel the implant

You can call us at 604-736-7878 or go to your regular health care provider.

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When Does It Start Working?

Immediately post-pregnancy – The implant is effective right away

Any other time – The implant takes 7 days to become fully effective it is advised that a secondary birth control method (ie, condoms) is used during this time.



Possible Side Effects:

- Mood changes
- Weight gain
- Headaches
- Acne, and/or skin changes in the upper arm
- Irregular bleeding

Side effects may go away when the implant is removed.



What Will Happen To My Period?



You may experience longer/shorter periods or have no bleeding at all. The time between your periods may change and you might experience spotting.

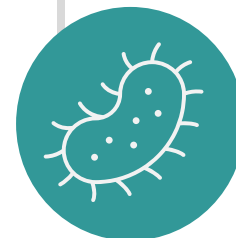
How It is Removed?

It is your responsibility to have the implant removed or replaced in 3 years time.

The removal process is quick and easy, your skin is numbed and a small incision is made and the implant is removed at any office or clinic at anytime.

Don't Forget Condoms!

Implants do not protect you from sexually transmitted infections.



Is It Easy To Get Pregnant After?

Most people get pregnant easily after the implant is removed.