



THE ADAM PRACTICE

Progesterone Only Implant

Advice Following Implant Insertion

Your contraceptive implant was fitted on
.....

and will need removing in 3 years' time on
.....

*The Adam Practice want to
acknowledge Dorset Healthcare
University Foundation Trust in giving
us permission to use an adapted
version of their patient information
leaflet*



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When can I remove the bandage?

Your pressure dressing can be removed 24 hours after the fitting. The plaster and paper stitches can be removed after 5 days. The area needs to be kept dry for these 5 days.

What should I expect to see and feel?

Once the local anaesthetic wears off, you may experience discomfort from bruising. Please take pain relief if required. Most bruising should go within 7 days of insertion. If you discover pus, bleeding or intense pain at the insertion site, contact us because you might need antibiotics for infection.

When can I rely on the implant as a contraceptive?

The implant is a very effective contraceptive but does not work immediately so ensure you have a backup method such as condoms or abstain from sex for 7 days following insertion of the implant.

Will the implant move around inside my arm?

After it has been fitted the doctor or nurse will check your arm to make sure that the implant is in position. You will also be shown how to feel the implant with your fingers, so you can check it is in place.

Expulsion or migration of the implant is possible. In extremely rare cases, implants have been found in a blood vessel, in these cases surgery might be necessary when removing the implant.

Does the implant offer protection against sexually transmitted diseases?

No. The implant does not protect you from sexually transmitted infections. Condoms offer the best protection against sexually transmitted infections.



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When do I need a check-up?

Routine check-ups are not carried out; however, you must contact us if any of the following occur:

- Pus, bleeding or pain or skin changes at insertion site
- Expulsion of implant
- You are concerned you might be pregnant
- Can no longer feel implant or it appears to have changed shape
- Severe lower abdominal pain
- Develop a medical condition which means you can no longer use the method
- Any worries or questions
- To change contraceptive method

What side effects can I expect?

Your bleeding will probably change. Most women will experience irregular bleeding. These changes may be a nuisance, but they are not harmful. If you do have prolonged bleeding or are concerned about your bleeding pattern, please seek help by contacting the Adam Practice. You may need some additional hormone and can be checked to make sure that the bleeding is not due to some other cause.

You can have hormonal side effects – headaches, mood changes, breast tenderness, etc.

Further advise

Please do not in any way tamper with the device

What should I do if I want to stop using the implant?

Contact us to arrange your implant removal. You will be able to become pregnant right away after your implant is removed, so if you do not want to become pregnant immediately, ensure you have your next contraceptive method in place before the implant is removed.



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How soon can I become pregnant once the implant is removed?

Once the implant has been removed your usual level of fertility will return almost immediately.

What happens after 3 years if I want to continue to use the implant?

A new implant can be inserted at the same time that the old one is removed. If an implant is replaced immediately, and it is no longer than 3 years since the previous insertion, there is no need for additional contraceptive precautions after replacement.

When my implant is due for removal:

We will give you a card with the date when the implant is due for removal. Please keep this card safe. Please book an appointment with us before this date.



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