

## NEXPLANON POST INSERTION INSTRUCTIONS

Congratulations! You now have one of the most effective forms of contraception and it will last for three years. Please read the information below about what to expect and about warning signs that need prompt medical attention.

You can go back to normal daily activities immediately after the Nexplanon has been put in. After the numbness in your arm wears off, you may have some soreness for a day or two where the Nexplanon was inserted. There also may be some swelling, bruising, or discoloration for up to two weeks.

This is how to care for your arm after Nexplanon is inserted. Please be aware of signs of infection and know how, when, and where to get medical care if needed:

1. Try not to bump the place where the Nexplanon was put in for a few days.
2. To make sure you don't get an infection where the Nexplanon was put in, keep the large gauze bandage on for 24-48 hours and keep it dry. Remove the large bandage after 24-48 hours.
3. Keep the little bandage strip on for 3 days, and keep it dry.
4. If you have any redness or oozing, or anything that concerns you, return to the office to have the insertion site checked.

After the incision has healed, you don't have to worry about bumping it or putting pressure on it. You can hold your child, carry books, do housework, or do whatever you usually do.

The Nexplanon is effective within 3 days if it was put in within 5 days of the first day of your period. You should use back-up contraception for 7 days after insertion.