



RECOMMENDATIONS FOLLOWING THE INSERTION OF NEXPLANON®

- You will have to be in the clinic for 10-15 minutes after the insertion.
- The contraceptive effect begins 7 days after insertion (unless it is a replacement)
 - Continue your birth control method (pill, patch, ring) for 7 days OR
- Use condoms for 7 days

Pain at the insertion site:

- Apply cold compresses or ice
- Take acetaminophen or ibuprofen

Dressings:

- Keep the compression bandage dry and remove it after 24 hours.
- Remove the adhesive bandage in 3-5 days.
- Avoid hitting the insertion site for a few days.

Signs of infection:

- Contact the clinic or your doctor if you have these symptoms:
 - Redness, swelling, warmth, discharge or pain that persists at the insertion site.
 - Fever >38,5 °C

Possible side effects of NEXPLANON®:

- Acne, headache, weight gain, breast tenderness, irregular periods, decrease in the amount and duration of periods, vaginal infection.

Verification :

- Check regularly for the presence of the implant under the skin. If the implant is no longer palpable, contact the clinic.