

Aftercare for Your Nexplanon

Congratulations! You now have one of the best methods for safe, effective and reversible birth control.

<p>What should I do today?</p>	<p>You can go back to normal daily activities immediately after the Nexplanon has been placed. Your healthcare provider applied small bandage strips and wrapped your arm in gauze. You should wear the gauze for 24 hours and keep it dry. Once you remove the gauze wrap, let the small bandage strips fall off on their own.</p>
<p>When does my Nexplanon start working?</p>	<p>The Nexplanon starts working in 7 days. You will need back-up contraception (i.e. condoms) to prevent pregnancy in the first 7 days after placement. If you have sex without a condom before 7 days, you should take emergency contraception to prevent pregnancy.</p>
<p>What should I expect?</p>	<p>After the numbness in your arm wears off, you may have some soreness for a day or two where the Nexplanon was placed. There may be swelling, bruising, or discoloration in your arm for up to two weeks. Your periods may change. You may have more bleeding, less bleeding, no bleeding, or bleeding between periods. Your periods may last longer than usual.</p>
<p>How should I take care of myself?</p>	<ul style="list-style-type: none"> ✓ Try not to bump the place where the Nexplanon was put in for a few days. ✓ Ibuprofen or acetaminophen can help with any soreness you might have in your arm.
<p>How do I check for my Nexplanon?</p>	<p>You can check the implant by pressing your fingertips over the skin where the implant is inserted. You should feel a small rod. If you do not feel your implant, call your healthcare provider.</p>
<p>When should I see a health care provider?</p>	<p>Within the first week of the Nexplanon insertion:</p> <ul style="list-style-type: none"> ● Redness, warmth, or drainage from Nexplanon insertion site ● Fever (> 101 F) ● Chills <p>At any time:</p> <ul style="list-style-type: none"> ● If you think you have been exposed to an STI ● If you cannot feel your Nexplanon in your arm ● Feeling pregnant (breast tenderness, nausea, vomiting) ● Positive home pregnancy test

SHORE Centre clients are encouraged to contact us with questions by calling 519-743-9360 or emailing general@shorecentre.ca.