

Discharge Instructions - Implanon Insertion/removal

1. Activity Restrictions:

- Avoid heavy lifting or strenuous exercise for 48 hours after the Implanon insertion.
- Refrain from activities that may cause excessive pressure or trauma to the insertion site, such as contact sports or activities that involve direct pressure on the arm.

2. Keep the Insertion Site Clean:

- Maintain the dressing and keep it dry for 24 hours (for insertion) or 48 hours (for removal).
- Avoid using creams, lotions, or oils on or near the insertion site.
- Do not scratch or pick at the insertion site to prevent infection.

3. Managing Pain or Discomfort:

- It is common to experience some pain, bruising, or swelling at the insertion site for a few days.
- You can take over-the-counter pain relievers, such as paracetamol or ibuprofen.
- If you experience severe or persistent pain, or if the insertion site becomes red, swollen, or oozes pus, contact your healthcare provider.

4. Birth Control Protection:

- Implanon provides continuous birth control protection for up to **three years**.
- It is important to use a backup method of contraception, such as condoms, for the first seven days after the insertion to ensure effectiveness.
- If you were using another form of birth control, such as pills or patches, discuss with your healthcare provider when it is safe to discontinue them.

5. Other Considerations:

- Inform any healthcare provider or dentist about the presence of the Implanon device before any medical procedures or surgeries.
- If you have any concerns, questions, or notice any changes, do not hesitate to contact your healthcare provider for guidance.

Contact Information:

In the event of any severe pain or swelling at the insertion site, signs of infection (increased redness, warmth, or discharge from the site), or any other concerns, contact our facility during business hours or seek medical attention at the nearest emergency department.

Our contact number is **07 3397 1211** we are available Mon-Fri 8:30am-4:00pm.