



**Sexual Health
Dorset**

Sub Dermal Contraception

Advice Following Implant Removal FP3

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Implant

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When can I remove the dressings?

Your pressure dressings can be removed 24 hours after removal and the paper stitches can be peeled off after 5 days. Please keep the area dry over this time.

What should I expect to see and feel over the removal site?

After the local anaesthetic wears off you may experience discomfort from bruising. If so please take pain relief as required. Most bruising should go within 7 days of removal. You can carry out all usual activities. If you discover pus, bleeding or intense pain at the site please return to the clinic or your GP as you may need antibiotics for infection.

When can I rely on my new contraception?

As soon as the implant has been removed you will be at risk of pregnancy. Pills, patches, injections and IUS (hormone coils) need to have been used correctly for 7 days before you can rely on them for protection against pregnancy. The copper IUD, new implant (if previous implant has not expired) and condoms will start working immediately.

Please speak to the Contraception and Sexual Health doctor or nurse regarding natural methods or diaphragm.

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.

Do I need to do anything?

If you wish to conceive please remember to take folic acid “with Vitamin D” supplements and eat folate rich foods such as fruit, vegetables and cereals. Folic acid deficiency has been identified as a key factor in the development of spina bifida. Anyone trying to conceive should take 400 micrograms folic acid supplement from the time they begin trying to conceive until the 12th week of the pregnancy.

For more information about preconception advice see NHS choices website.