



After Your Nexplanon Placement: Expectations and Instructions

1. **PAIN:** You may have pain in your arm at the site of your Nexplanon for up to one week. Take ibuprofen (Motrin) 600mg every 6 hours as needed for this pain. You may also add acetaminophen (Tylenol) 650mg every 6 hours if needed. If your pain is not controlled by these two medications, please call the office.
2. **VAGINAL BLEEDING:** You may develop menstrual-like vaginal bleeding that persists for up to 2 to 4 weeks following today's procedure. After that, you may have an irregular bleeding pattern, as your body becomes accustomed to having the Nexplanon in place. The classic Nexplanon bleeding pattern will begin by approximately 3 to 6 months after placement. If you saturate one pad per hour for two hours in a row, or pass clots larger than the size of a tennis ball, please call the office.
3. **NEXPLANON SITE CONCERNS and FEVER:** Bruising at the site of your Nexplanon is normal, but please call the office if you have bleeding or discharge from the site, or redness and warmth that does not improve with a cool compress. Please also call if you have a fever of $>100.4^{\circ}\text{F}$ or $>38^{\circ}\text{C}$ that persists for 4 to 6 hours.
4. **ACTIVITY:** You may return to your normal daily activities immediately after having your Nexplanon placed, but you should not shower/bathe for 24 hours and you should not engage in strenuous exercise until the small hole in your skin has closed.
5. **HEALING:** You may take the large bandage off your arm 24 hours after your Nexplanon placement, but leave the small bandage on your skin until it falls off. Wash and dry the area as you normally would.
6. **CONTRACEPTION:** Nexplanon takes approximately one week to begin functioning as an effective birth control method, so you should use a back-up method during that time. You may choose abstinence, condoms, or a previously-prescribed birth control method (pills, patch, ring, etc.).