

Post-Care Instructions After Implant Removal

Preventive Health Clinic: _____

Preventive Health Clinic Phone Number: _____

Date of Removal: _____

- Use condoms every time you have sex for 7 days for back-up method if a new contraceptive method is started and continue to use condoms every time you have sex to prevent sexually transmitted infections.
- After the numbness in your arm wears off, you may have some soreness for a day or two where the implant was removed. You may use over-the-counter pain relievers (i.e. Tylenol, ibuprofen) per medication instructions and you may use cold packs to help decrease pain and swelling. **Do not use aspirin.**
- Keep the pressure dressing with sterile gauze on for 24 hours and keep it dry. After 24 hours, you can remove the pressure dressing/gauze.
- The steri-strips should fall off from the incision site in 3-5 days.
- You may have some swelling, bruising, or discoloration for up to two weeks.
- Call your clinic or medical provider right away if you:
 - Have redness, warmth, drainage or persistent pain from the implant removal site
 - Have fever (>101°F)

