



TRUE NATURAL  
HEALTHCARE™

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## **Nexplanon Insertion Pre & Post Procedure Instructions**

### **Before Your Nexplanon Insertion:**

Write down questions or concerns that you have about the procedure, review these questions with the doctor before your procedure.

Consider bringing a portable music player with headphones or reading material to help you relax during the procedure.

### **What to Expect During your Nexplanon Insertion:**

You'll lie on your back on a table with your non-dominant arm raised behind your head. The Doctor will measure and mark the insertion site and then numb the area with an injection. A nexplanon insertion device will be used to insert the nexplanon implant into your arm.

### **After our Nexplanon insertion:**

An adhesive bandage will be placed over the insertion site. You can remove it in 2-3 days. A pressure bandage will be wrapped on your arm to help prevent bruising. You can remove it in 24 hrs.

Avoid heavy lifting or high activity with affected arm for 24 to 48 hrs.

Watch for signs and symptoms of infection, or excessive bleeding, if you notice any, contact the office at 480-539-6646.

Usually site will heal easily and without complications. Slight bruising is normal.

Tylenol or Motrin may be taken at normal doses (per instructions on the bottle) for any discomfort.

You should expect to have some abnormal bleeding or spotting for the first 2-3 months after insertions. If you continue to have symptoms beyond 3 months, please book an appointment to discuss.

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Patient First and Last Name

Signature

& Date

## **Nexplanon Removal Pre & Post Procedure Instructions**

### **What to Expect During your Nexplanon Removal:**

Your provider will determine the location of the implant. The area will be numbed with an injection. A small incision will be made near the tip of the implant and it will be removed from your arm.

A steri-strip will be applied to close the incision. It can be removed in a week. Pressure bandage will be applied to help reduce bruising. It can be removed in 24 hrs.

If replacing with another implant, it will be inserted at the same site.

**After your Nexplanon removal:**

Watch for signs and symptoms of infections, or excessive bleeding, if you notice any, contact the office.

Usually site will heal easily and without complications. Slight bruising is normal.

Tylenol or Motrin may be taken at normal doses (per instructions on the bottle) for any discomfort.

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Patient First and Last Name

Signature

& Date