



NEXPLANON IMPLANT DISCHARGE INSTRUCTIONS

After your procedure:

- Use back up contraception (ie. condoms, abstinence, etc) for 7 days after your insertion.
- Leave the bandage placed at the site of your insertion on for 5 days. If it becomes wet or stained, feel free to replace it in order to allow for healing at the insertion site.
- Be sure to call the clinic to book your 3-month follow up appointment. It is recommended you book this appointment prior to leaving the clinic after your insertion.
- Please call the clinic at 204-958-6777 if you have any questions or concerns after your insertion.