

Center for True Harmony Wellness & Medicine, P.C.
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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 the 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/PA-C 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 your 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 24-48 hrs.

Watch for signs and symptoms of infection, 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.

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

Date	Signature of Patient	Patient Name (printed)
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Date	Signature of Witness	Witness Name (printed)
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