



BERKSHIRE
MENOPAUSE
CLINIC

**Implant Removal Appointment
&
Information Pack**



Berkshire Menopause Clinic
3 West Lane, Henley-On-Thames, RG9 2DZ
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Dear

You have been given an appointment for an Implant removal appointment:

This is a 20-30 minutes appointment with the specialist. Please **arrive 10 minutes** early ready for your appointment.

In the enclosed pack, we have provided some information to prepare you for your appointment. Please read this before your appointment. **Please also read and sign the consent form before you attend for your appointment.**

We request that you let us know as soon as possible if you are unable to attend so that we can offer this appointment to another patient. Please note that if you do not attend, there may be at least a 6-week delay until another appointment becomes available.

We look forward to seeing you.

Yours sincerely

Dr McQuillan and Berkshire Menopause Clinic team

The subdermal implant 'Nexplanon' –Removal Patient Leaflet

You have chosen to have your contraceptive implant removed.

Before we remove it, it is important that you discuss this with your doctor including any concerns and further contraception options.

What are the risks?

- **Local bleeding, bruising, infection, scarring at removal site**
- **Local anaesthetic**
Please let your doctor know if you have any medication allergies or have had any reactions to any previous anaesthetic. Occasionally, you can experience some skin irritation and itching locally around the injection site.
- **Difficulty with removal**
Occasionally the doctor may not be able to take out your existing implant. This can be because it is embedded deeply under the skin. If this happens, your doctor will refer you to a specialist to have this assessed further.

How can I prepare for having an implant removed?

- **Ensuring you have adequate contraception**
Once your implant has been removed, you will no longer have any contraception cover, and you may be at risk of becoming pregnant. Please ensure that you do not have unprotected intercourse 7 days before having your implant removed. It is important that you discuss future contraception prior to the implant removal.
If you have had intercourse 7 days prior to your implant removal appointment, please re-arrange your appointment.

Pain relief

You may feel pain during and after the implant removal. We would suggest that you take some painkillers afterwards if the wound is painful.

What happens during the implant removal appointment?

Your appointment will last 20–30 minutes. We will check that you have understood all the information provided and you will be asked to sign a consent form.

You will be asked about allergies. In particular, please inform the healthcare professional if you are allergic to any anaesthetic or rubber.

The doctor will check they are able to feel the implant under your skin. The skin will be cleaned and then numbed with a local 'numbing' agent (anaesthetic). You may still feel the procedure, but it should not be painful.

A small cut will be made close to the tip of the implant and the rod will be removed. Once the rod is removed, you will be provided with dressings. These should stay on for approximately 24–48 hours and the wound kept clean and dry.

Care after your implant removal

We advise you take the bandage off after 24 hours and the dressing underneath off after 48 hours (one day after your bandage removal). It is important you keep the wound clean and dry to avoid infection. You may develop some redness, pain or swelling and we advise you take some pain relief if this occurs. If you develop redness or swelling that is spreading up/down the arm or occurs with a fever or severe pain, then please contact your local urgent NHS provider.

If you have any further questions, please phone or email the clinic to arrange a consultation with our specialist.

Please note our services are not suitable for any urgent or emergency medical situation or treatment. If you are in an emergency situation (or you think there is the opportunity for the situation to escalate to one), you must contact your local NHS emergency services by dialling 999 or seek other emergency medical services. The services at BMC are in no way designed or intended to replace the services of the NHS or services provided by your GP.