

Advice for Women Requesting an Implant Removal

TIMING OF YOUR APPOINTMENT:

We will need to ensure you will not be putting yourself at risk of pregnancy when we remove your implant. This can be assured by one of the ways described below:

For an implant which is still in date: (under 3 years use)

- ▶ No additional precautions are required.

For an implant which is out of date: (over 3 years use)

- ▶ If you are having your implant removed because you want to get pregnant then no additional precautions are required. If you are having an implant removed and your current implant is out of date and you do not want to get pregnant we ask you to use another method of contraception e.g. pill or condom or abstain from sexual intercourse for 3 weeks before your removal appointment. You may be requested to perform a urine pregnancy test in clinic before your implant removal to ensure you are not already pregnant.

Please carefully review the above to ensure you meet one of the categories. If we cannot confirm you fit either of the categories at the time of your appointment we WILL NOT be able to remove your implant.

WHAT TO EXPECT WITH THE REMOVAL PROCEDURE:

Having your implant removed is very similar to the insertion procedure but you should expect the procedure to take a little longer.

We ask you to lie down on a couch with your arm stretched out or bent at the elbow resting on the couch or a pillow.

Often a small mark will be made at the base of the implant site and the area around this mark will be cleaned.

We use an injection of numbing agent (local anaesthetic) which can sting briefly as its being administered. The injection is the only mild discomfort you should experience.

We wait a short while and will test to ensure the local anaesthetic has numbed that part of the arm before make a small cut (less than 0.5cm) through which we remove the implant.

As the local anaesthetic removes the sensation of pain but not touch, women can often feel slight pressure during the removal procedure but this should not be painful. We can offer further local anaesthetic if it's needed.

Once the implant is removed we apply paper sutures (also known as steristrips) to the small cut along with a wound dressing and a pressure bandage is placed around the top of your arm. The bandage is used to help minimise bruising and should be left in place for the first 24 hours.

As soon as the procedure is finished you can return to your normal activities and for those that drive this includes driving.

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When the anaesthetic wears off your arm may feel slightly tender. You can take your normal pain relief if required.


We ask you avoid strenuous activity with the arm for the first 24 hours to reduce the risk of excessive discomfort or bruising.

You can take the bandage off after a minimum of 24 hours. It is normal to see a small amount of bruising at or around the removal site. Keep the paper sutures on and, if needed, cover the wound with a waterproof plaster or equivalent waterproof dressing and keep the wound clean and dry for a total of 5 days.

You can shower or bathe as normal keeping the arm dry. Wrapping the area with a clean plastic bag or cling film will help prevent the dressing getting wet.

You can remove the paper sutures after 5 days. Take care to gently lift both ends of the paper sutures to the direction of the centre of the wound before removing them. If they do not peel off easily soaking them with warm water aids their removal.

The wound should be healed and the bruising gone after about 7-10 days.

If you have any concerns following your implant removal procedure please call the **Essex Sexual Health Service Intelligence Centre** central booking number on  **0300 003 1212** to book an implant review appointment.

Please refer to the Essex Sexual Health Service website for further information including clinic locations and opening times: **www.essexsexualhealthservice.org.uk**