

Wound Care Advice following Insertion or Removal of an Implant

- ▶ Please leave the wound dressing and pressure bandage on your arm for 24 hours following the procedure. This will help to reduce bruising. When showering or bathing with the bandage in place, please cover the bandage with a clean plastic bag or cling film to protect and keep it dry.
- ▶ After removal of the bandage the wound site and dressing should be kept clean and dry for a further 4 days to allow for adequate healing.
- ▶ Should the original dressing come off or look dirty you can change the dressing to a new waterproof plaster or waterproof equivalent dressing if you are allergic to plaster.
- ▶ If you have had paper sutures (also known as steristrips) applied to the wound please remove these 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 the paper sutures with warm water will aide their removal.
- ▶ The wound should be healed and the bruising gone after about 7-10 days.

If you have any concerns please call the **Essex Sexual Health Service Navigation Hub** on  **0300 003 1212** to book a review appointment.

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