

Example Dot Phrase/Procedure Note for Immediate Postpartum Nexplanon Insertion

Nexplanon Insertion Procedure Note, DOT Phrase

Procedure- Nexplanon Insertion

The risks, benefits, and alternatives of Nexplanon insertion were reviewed with the patient. All questions were answered to her satisfaction and consents were signed.

The patient was placed in the dorsal supine position with her non-dominant {left/right:311354} arm flexed at the elbow and externally rotated. The area for insertion was marked approximately 8 cm from the medial epicondyle of the humerus over the triceps muscles. The area of planned insertion was prepped with {Betadine/Chlorhexidine:24927}. 3cc of 1% lidocaine was injected subdermally along the planned insertion tunnel. The Nexplanon applicator was grasped, the protection cap was removed from the applicator and the white Nexplanon device was visualized within the applicator. The applicator needle was inserted subdermally in the standard fashion, and the device was deployed. The implant was palpated to verify correct subdermal location by myself and the patient. The site dressed with a Band-Aid and a pressure bandage. User card was completed after insertion and given to patient.

Assessment/Plan-

Nexplanon Insertion in {left/right:311354} arm without complication

Removal Date ***/20**

100% condom use encouraged for sexually transmitted infection prevention

Wound care instructions reviewed, call if any problems

NSAIDs and Ice packs for insertion site pain