

AFTER VASECTOMY CARE

What can and can't I do?.....

After the operation you should rest for the remainder of the day. Avoid long periods of standing or walking for a week after the vasectomy. you may go back to work the next day. If your work involves heavy physical activity, you may need to take 1 week off. Contact sports should be avoided for 4 weeks, but gentle exercise may be resumed after 1 week'

How can I reduce the risk of infection?....

Wear tight cotton underpants (not boxer shorts) to support the scrotum for at least 1 week after the procedure. The dressing may be removed after 4 days and no further dressing is required (a bandaid may be used if you feel more comfortable to have the wound covered). Keep the wound dry and avoid use of talcum powder or other toiletries' Showers may be taken with the dressing on, but do not bathe or swim until it has been removed. If you develop symptoms such as pain, redness, feeling generally unwell, or fever, please call us on the surgery number listed below at any time.

How long does the swelling bleeding/ bruising last?.....

A few men may experience a small amount of bleeding from the area where the tiny incision was made. Pinch the skin edges firmly together for 5 minutes and this will usually stop the bleeding. More rarely, deeper bleeding may occur and a blood clot may form within the scrotum a few days after the procedure causing swelling and discomfort (usually only on one side). This is called a haematoma and usually settles with rest and time. However, if you have any concerns, please call us on our surgery number at any time.

Avoid excessive amounts of alcohol for the first 2 days after the procedure as this may increase bleeding. Don't drink more than 2 standard drinks per day.

Bruising is common and unless accompanied by excessive swelling and pain, there is no cause for alarm.

What about pain?...

The local anaesthetic will wear off approximately 6 hours after the procedure. Discomfort or pain varies from man to man and may last a couple of days. Use paracetamol based analgesic medication (Panadol, Panadeine) and avoid use of aspirin or other pain relievers like Nurofen, Naprogesic as these may increase chance of bleeding. Use a cold compress (plastic bag with ice, frozen pack of peas, a cold can) to provide relief for both pain and swelling.

What about contraception?....

You may have sex again as soon as you feel comfortable, but remember that you may get a woman pregnant straight after the operation. You will need to use adequate contraception until you have been given "the all clear" from the doctor.

When and how do I have sperm analysis?...

You are required to have semen analysis 3 months after the vasectomy. The timing of the test is to ensure success of the procedure and to confirm or exclude any failures. Naturally, you may be fertile for 3 months after the procedure until all the residual sperm are "flushed" from your system. We recommend 3 ejaculations per week. When collecting your semen samples, you should avoid sexual activity that results in ejaculation for 4 days before your test. You should avoid drinking alcohol for 24-hours before your test and collect your sample in the morning to ensure the sperm count is at its highest level. This improves the sensitivity of the test. Do not refrigerate your sample and deliver it to the laboratory within 2 hours of collection, otherwise sperm may die and make the test invalid.

Your results will be reviewed and will be available in 7-10 days. As there is a very small chance of failure with vasectomy, should your results reveal that the procedure has not been successful, we will repeat it at no extra cost.

Remember, if you've had an intravenous anaesthetic...

You may feel slightly drowsy for some time after the procedure. Therefore for the rest of the day, you must not drive a motor vehicle, operate machinery, consume alcohol, take any drugs not prescribed for you, sign any important documents or do anything that requires concentration.

If you have any concerns or things are not as you expect, you can contact us at The Private Clinic at any time. Ring the surgery number as it is diverted after hours for emergency contact.