

Vasectomy Post-Operation Instructions

Going Home

- When you get home take some paracetamol or similar painkiller as soon as you get home. Ibuprofen is appropriate unless you have problems with this medication.
 - Do NOT take aspirin.
 - If you are unsure please discuss with your Pharmacist
- Rest for 24 hours after your operation – no long standing or walking. You may then mobilise gently.
- We recommend that tight supportive underpants be worn day and night for at least one week after surgery.
- Please do not drive for at least 24 hours.
 - Only drive once you feel confident and able to do an emergency brake.

Bathing / showering

- No bathing or showering for at least 24 hours after the operation.
- After 24 hours you may have daily showers.
 - Ensure the wound is kept clean and dry.

Wound care

- After your operation you will have one or two small wound/s on the scrotum. A gauze dressing may cover the wound and/or a water repellent film may have been applied.
- The skin of the scrotum will be bruised and slightly swollen for a few days. There may be some firm swellings under the skin for some weeks after the operation. This is **normal**.

Stitches

- Stitches are not normally used.
- If you did require a suture, these are usually dissolvable, and therefore will not need removing.
 - However, they may take two-four weeks to dissolve.

Eating and drinking

- You may eat and drink as normal after surgery.
- However, *please avoid alcohol* for 24 hours as it can increase your risk of bleeding.

Exercise

- You **must** avoid exercise and sport for two weeks

Resuming sexual activity

- No ejaculation or sexual intercourse for at least one week or until you feel comfortable to do so.
- You may find erection painful and initially the ejaculated semen may be blood-stained.
 - This will gradually resolve.

Follow-up

- You need to provide semen specimen at least 16 weeks and 30 ejaculations after your surgery to confirm that your vasectomy has been successful.
- You will be informed of the result of this semen test *by letter* within 4 weeks of you posting your sample
 - If you have not heard from us **at least 4 weeks after** you have posted your specimen please telephone the vasectomy office on 0300 123 3931 (8.30am – 2pm, Mon – Fri).
- Some men take longer to clear than others and you may be asked to provide further semen specimens at 6 weekly intervals.

REMEMBER to use contraception until you receive a letter from the vasectomy service informing you that your semen sample is free from sperm.

Seeking help

If you develop **any** of the following you should contact the surgery where you had your vasectomy performed:

- Increasing pain, redness, swelling or discharge of the skin around the wound site.
- Swelling or tenderness of the testicle(s).
- An enlarging lump within the scrotum which is larger than a golf ball.

- **Please note** that it can be quite common to feel some tender lumps above the testes between 2 and 5 days after the vasectomy operation. This is normal swelling (inflammation) secondary to the healing process. This should settle over a couple of days. Ibuprofen should be taken unless you have problems with this medication. An icepack wrapped in a towel, placed on the scrotum can be helpful to relieve pain and swelling.
- If these lumps increase in size (so become greater than the size of your testicle or a golf ball), are very painful or you are worried about anything, you should contact the surgery where you had your vasectomy performed.

CONTACT details of your surgeon:

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For urgent or severe problems: Call your GP, 111 or go to your local Emergency department.

For non-urgent advice regarding your vasectomy: Call the vasectomy service on 0300 123 3931 (Monday to Friday: 8:30am - 2pm)

Solent Vasectomy Service,
Sexual Health Service,
2nd Floor, St Mary's Community Health Campus
Milton Road, Portsmouth. PO3 6AD
Phone: 0300 123 3931 (Monday to Friday: 8:30am - 2pm)