



POST VASECTOMY PATIENT CARE ADVICE

- After your vasectomy it is recommended you go home and rest for the remainder of the day. Some men recover quite quickly from vasectomy while others may take up to 2 weeks. The average time to feeling back to normal is about 7 days. You may feel some discomfort in the testicles or the abdomen
- You should have someone available to accompany you home from your procedure and assist with tasks (driving, lifting, etc)
- It is best to rest and take it easy on the day of your surgery. An ice pack should be applied to the area to minimise swelling and discomfort. Any swelling will usually settle down in 1-2 weeks.
- For management of pain in the 48-hours following surgery use paracetamol +/- codeine (as required). Follow the advice of your doctor.
- On day 3 commence taking Ibuprofen (Nurofen), 2 tablets (400mg) every 8 hours for 5 days. This will assist with healing
- You are allowed to shower on the evening following your procedure.
- You will have a small wound on the scrotum where we performed the operation. These wounds close on their own and don't need stitches. Try not to fiddle with the wound as it may re-open. Occasionally we need to make 2 incisions to complete your procedure. We will tell you during the operation if this is the case
- Do not have sex or masturbate for 1 week after your procedure as this may upset the surgical site.
- **Avoid heavy lifting (nothing over 5kg - including babies / children), jogging, cycling, working out for 7 days, longer (up to 2 weeks) if possible. Failure to follow this advice puts you at higher risk for a scrotal haematoma.**
- If you notice Any fevers, unexpected pain, redness, discharge or swelling to the area. This may be due to infection and will require antibiotics.
- If there is more bleeding than usual during the operation you may end up with black / blue discolouration around the scrotum or even tracking up on to the penis. Don't worry! This is normal and only a small amount of blood can have a dramatic effect. This will go away after a couple of weeks
- Sexual intercourse can be resumed after a week, but a back-up method of birth control is necessary until testing is done to confirm that sperm is no longer present in the ejaculate. This is to be done 3-months after your procedure. Men need to ejaculate at least 20 times to clear the reservoir before the 12-week check.

For Medical Assistance or advice:

Please ring 07 4034-2844 during business hours or will divert to doctor's mobile after hours.