

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 should not lift anything heavier than a laptop for at least 5 days after your operation
- 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 **MUST** ensure that you label the pot with your full name (surname and first name), date of birth, NHS number and time and date the sample was produced. Ensure that all these details are also on the sample request form and remember to enclose both pot and request form in the postal envelope provided.
 - Failure to do so will mean that your sample is NOT tested.
- 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.
 - Please note that the examination you had done before the operation was only to check whether the procedure could be performed under a local anaesthetic. If you notice any lumps on your testicles you should always get them checked by your GP.

CONTACT details of your surgeon:

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).

Please note: if we need to assess you, we may need you to travel to any one of our sexual health clinics within Hampshire for that consultation. However, you **MUST** telephone us first so we can arrange for a suitable clinician to review you.

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)