



Surgical Services

Post – Operative Instructions

Once you have had your vasectomy and we hope that you will suffer only minimal discomfort and no post operative complications.

What you do in the first few days after the Op can significantly help prevent complications. The most important thing is **NOT TO OVERDO** things!

Ideally you should aim to take a few days off work particularly if your job is of a physical nature. Excessive exertion or straining can encourage internal bruising which in turn might lead to an increased risk of infection. Here are some further important points:

- **Take routine regular painkillers (paracetamol, ibuprofen) every 4-6 hours even if not in pain or discomfort for at least 48 hours, to prevent pain building up and reduce the risk of long term chronic pain.**
- **The area around the small wound will become slightly red and inflamed (perhaps with a very slight yellowy discharge) up to an area the size of a 50p piece – this is normal and not a sign of infection; only if there is increased swelling, pain, or smelly discharge after a few days should you contact us for advice in case of infection.**
- **For mild swelling use an icepack on the scrotum (with eg a tea-towel to protect the skin from a cold burn) for 10-15 minutes at a time may help reduce swelling and discomfort.**
- **Any severe swelling or pain over the next few hours contact us immediately on 01225 898014/15 (please be aware this line will revert to an answering service after 5pm). Alternatively, you can contact Wiltshire GP Out of Hours Service (NHS 111 Service).**
- **Wear supportive underwear such as Jockey pants not boxers**
- **If possible shower rather than bath for one week after. If you do bath try not to make it a long hot soak and do not use excessive gels, shampoos or talc.**
- **The small dressing can be removed the day after the operation and the wound kept clean and dry afterwards**
- **Try to avoid the kids or pets jumping on you (not so easy, this one!)**
- **Try and avoid Sport or heavy exercise for at least 7 days**
- **Resume Sex when you feel comfortable, but please remember you are NOT YET STERILE.**

FOLLOW UP ARRANGEMENTS: - SEMEN ANALYSIS

Arrangements will be made for semen analysis at 16 weeks post operatively. **Before this date, please try to ejaculate (“come”) at least twice a week, this will help to clear your tubes.** At approximately 16 weeks post operation you should be able to collect a semen analysis kit from Spa Medical Centre or have it posted direct to your home address. Please follow the instructions given with the specimen bottles, **taking special care not to supply the sample too early but after the date specified and dating sample bottle.** **IMPORTANT: please make sure you follow the instructions to the full to ensure the sample is processed.**

It sometimes takes several months before all the sperm have disappeared. In this case further monthly samples may be required and after the 3rd sample you will be requested to produce a warm sample. We shall issue you further containers and packaging automatically when required.

When one negative test has been obtained, you will be informed by letter.

PLEASE NOTIFY US OF ANY CHANGE OF ADDRESS & CONTACT NUMBER.

Any queries please contact Clinic Co-ordinators on 01225 898014/15

Dr R Matthews / Dr J Pearson