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POST-OPERATIVE INSTRUCTIONS FOR VASECTOMY UNDER THE CARE OF DR JAMES CHURCHILL

After discharge from hospital:

- Your wounds are covered with “Opsite” spray, which is a wound dressing. You do not need to remove this, it will dissolve. Should there be a plastic dressing you will be instructed to take this off 24 hours after surgery.
- Your wounds have dissolvable sutures, and these can take 3 weeks to dissolve. Do not attempt to remove them.
- You can shower but avoid baths or spa baths for 5 days.
- Wear 2 pairs of supportive underpants. This will help to reduce the swelling. It is normal to have bruising and swelling of the scrotum which will resolve over the next 2 weeks.
- Rest until you feel comfortable with everyday tasks, which may take a few days. Avoid heavy lifting, straining and constipation for 2 weeks.

Pain relief:

- Vasectomy is a minor procedure but can still cause discomfort for days to weeks.
- Please take paracetamol and ibuprofen (with food) regularly for the first 48 hours.
- Regular ice packs for the first 48 hours can help to alleviate pain and swelling. See below for what to do if significant swelling develops.

Sexual activity:

- You are **not** sterile immediately after your vasectomy. Sperm are still present in the tubing beyond the vasectomy site, so it is **VERY IMPORTANT** to use contraception (e.g. **condoms**) until a zero sperm count is confirmed.
- Ejaculations after vasectomy remove the remaining sperm from the tubes (vas). It takes up to 3 months and around 30 ejaculations for the remaining sperm to be removed.
- **You need to complete 2x semen analysis in 3 months, 48h apart, using the test forms provided. Until these tests confirm zero sperm, your sterility is not confirmed.**
- You can resume sexual activity with contraception when you feel comfortable.
- Dr Churchill will see or call you in 3 months to review the results of these tests. Your appointment may be deferred or cancelled if the tests have not been completed.

Should any of the following occur call the rooms or attend the emergency department:

- Increasing pain that is not controlled by the above advice.
- Chills, uncontrolled shakes or fever (temperature) of 38 degrees or higher.
- Heavy bleeding or rapid swelling of the scrotum.
- Redness or pus at the incision.