

After Vasectomy Instructions

1. Go directly home and rest today. Stay home after surgery, recline, relax, and avoid getting up unnecessarily. Tomorrow you may return to light activities or work.
2. Wear snug-fitting briefs for protection and comfort during the first week. If you notice bleeding from the incision, then firmly pinch the skin between dressings for ten minutes. Otherwise, avoid touching or disturbing the incision. Do NOT apply antiseptic or Band-Aids. If you wish to use an ice pack on the day of surgery, place it over your briefs, against the front of the scrotum for a maximum of 30 minutes at a time.
3. Avoid straining for seven days. Bearing down, as in reaching, squatting, or heavy lifting might cause bleeding inside the scrotum.
4. For seven days avoid bumping, bouncing, or jarring as in contact sports, skiing, even golf, or other vigorous activity, which might also cause bleeding inside the scrotum. Remember, "Prevention is the best remedy."
5. Avoid sexual stimulation for a couple days. Gentle sexual activity that does not disturb your incision is allowed after the first couple days, BUT YOU MUST USE SOME OTHER METHOD OF BIRTH CONTROL until your semen is tested negative for sperm. It is normal to notice blood or a brown colour in the semen during the first few weeks.
6. You should expect only mild discomfort for a few days. You may take Paracetamol and Ibuprofen if needed. An anti-inflammatory regimen is often recommended if there is persistent achy pain:
 - a. Paracetamol 500mg with Ibuprofen 200 mg, 2 tablets (of each) four times a day with meals for 7 days
 - b. Patients with a history of ulcers or kidney disorder or intolerance to anti-inflammatory drugs should avoid these regimens. Call the clinic for advice.

If you are having severe pain, or need stronger pain medication, please call the clinic (see below).

7. A painless black-and-blue colour around the scrotum and the base of the penis might appear on the second or third day. It is harmless and will fade over several days.
8. On each side of your scrotum, the vas deferens will develop a pea-size nodule where it was blocked by vasectomy. This scar is normal and permanent. Initially it will be tender if you pinch it, (so stop doing that!) The tenderness will resolve within a few months.
9. If you have a large purple lump like a golf ball in the scrotum in the first two days, it may be a hematoma (blood accumulation). It is important to treat this complication early, so call the clinic or visit closest emergency department.
10. If you have any questions or concerns about how you are healing, if you have excessive pain or swelling, or redness or pus around the incision and a fever, please call the clinic for advice.
11. Remember that you must complete a test of success (post vasectomy semen analysis). The test is to be scheduled 12 weeks after the vasectomy (pathology forms will be given on day of procedure). Please follow the "Semen analysis instructions" you received.

Should you wish assurance against late failure, repeat semen tests are available at future times.

To reach the clinic, call 07 4637 9696.

IF YOUR PROBLEM IS URGENT AND REQUIRES THE DOCTOR'S ATTENTION BEFORE THE OFFICE REOPENS, you may follow the instructions to contact the doctor on call.

Specific Activity Guidelines to Prevent Complications Following Vasectomy

You must go directly home from the clinic after your vasectomy and rest until tomorrow.

TODAY

YOU MAY DO THIS:	DO NOT DO THIS:
Eat & drink normally	Return to work
Sit, lie, or recline	Go out to eat or shop
Enjoy TV, videos, reading	Exercise, go for a walk
Computer work	Entertain guests or attend social gathering
Take Panadol, ibuprofen	Engage in sexual activity

NEXT 7 DAYS

YOU MAY DO THIS:	DO NOT DO THIS:
Do office work	Heavily exert yourself
Go walking	Go jogging or golfing
Drive your car	Ride a bike
Lift and carry less than 15kg	Do weight lifting
Go shopping	Roughhouse with kids
Take showers	Go swimming, bathing
Do light physical work	Jump or strain
Have sex gently	Disturb your incision

AFTER 7 DAYS there are no restrictions on activities.