

After Vasectomy Instructions

Go directly home and rest today. Stay home after surgery, recline, relax, and avoid getting up.

1. 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, firmly pinch the skin between dressings for ten minutes. Otherwise, avoid touching or disturbing the incision. Do NOT apply antiseptic or Band-Aids. You can use an ice pack on the day of surgery and place it over your briefs against the front of the scrotum for 10 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, golf, or other vigorous activity, which might cause bleeding inside the scrotum. Remember, "Prevention is the best remedy."
5. Avoid sexual stimulation for a couple of days. Gentle sexual activity that does not disturb your incisions are allowed after the first couple of 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 brown stain 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
An ant-inflammatory regimen if there is persistent achy pain:
 - a. Paracetamol 500mg with Ibuprofen 200 mg, 2 tablets (of each) four times a day with meals for seven days
 - b. Patients with a history of ulcers, kidney disorders, or intolerance to ant-inflammatory drugs should avoid these regimens. Call the clinic for advice.
7. Please call the clinic if you have severe pain (see below).
8. 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. The vas deferens will develop a pea-sized nodule on each side of your scrotum where the vas deference is tied or clipped by vasectomy. This scar is regular 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 essential to treat this complication early, so call the clinic or visit the closest emergency department.
10. If you have any questions or concerns about how you are healing, if you have excessive pain. Please call the clinic for advice for swelling, redness or pus around the incision and fever.
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 form will be supplied on the day of the procedure). Please follow the "Semen analysis instructions" you received.
12. Should you wish assurance against late failure, repeat semen tests are available at future times.
13. **To contact the clinic, call 07 4637 9696.**

14. 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.