



Post-operative care following Vasectomy

Sterility does NOT occur immediately following the procedure. Three months after the vasectomy you will be required to supply a semen specimen to test for the presence of sperm.

What happens after the operation?

- You may experience some minor swelling, bruising and discomfort. The wound may ooze slightly. This is not a problem.
- The support of firm underpants (brief/jockey type) worn day and night for a week may be more comfortable.
- Usually Panadol and/or anti-inflammatory will be enough.
- You may shower after the procedure.
- Plan to rest 1-2 days after the procedure.
- Strenuous physical activity should be avoided for 5 days. Your activity level may increase, as you feel comfortable.
- Contraception **MUST BE** continued until your sperm count is **negative**. A sperm analysis will be performed 3 months after vasectomy. Occasionally, some men take longer to exhaust their reservoirs of sperm and may require repeat sperm counts.

What you can do to help with your recovery?

- Wear tight fitting underwear for the first 7-10 days to provide scrotal support. Wearing 2 pairs of underwear may also help provide more support
- Avoid ejaculation for 2 weeks as it may cause discomfort or pain.
- Avoid strenuous activity such as going to the gym, jogging, bike riding for 1 week

When can I return to work?

- You may return to work that does not require heavy lifting after 24-48 hours

When you are discharged from hospital, you should:

- Collect a pathology request form for sperm analysis
 - Have sperm analysis 3 months after vasectomy
 - Try to have >20 ejaculations by the time you have your sperm analysis
 - Once you have sent off the specimen, contact your surgeon's rooms to arrange a phone consultation for your results.

Further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)