

City Way Medical Practice

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VASECTOMY SERVICE

After the operation

When you leave the practice return straight home and relax with your feet up.

Avoid long periods of standing or walking

Wear supportive briefs/swimming trunks for 24 hours – do not use boxer shorts for at least a week.

Leave the dressing on for 48 hours. After 48 hours have a shower and take off the dressing. Avoid soaking in the water for at least a week (until the wound has healed). Thoroughly dry the area and apply the clean dressing given to you by the practice. Further supplies if needed are available from your local chemist.

Avoid sporting activities for at least 2 weeks. Heavy contact sports should be avoided for at least 4 weeks.

Pain Relief

The local anaesthetic will wear off within a few hours. If you feel uncomfortable, take a mild painkiller such as paracetamol.

Swelling and Bruising

If the area is swollen and you are uncomfortable, apply an ice pack (a bag of frozen peas wrapped in a towel is ideal). This will help reduce any swelling. Most men will have some bruising around the testicles and it may spread to the penis and groin area. Anti-inflammatory painkillers, such as ibuprofen, can be helpful.

Healing

The cut is very small and does not need a stitch. It will probably take 7-14 days to heal. Do not use any toiletries such as talcum powder or bath oils until after this time.

AFTERCARE

Returning to work

You should be fit to return to work after a couple of days, unless you have a physically demanding job. If you are unsure, check with us.

Sex

You can resume having sex as soon as you feel comfortable, but it is better to wait a few days.

It is *essential* that you use a reliable form of contraception until you have been advised otherwise by us.

POSSIBLE WARNING SIGNS

There are a number of complications following a vasectomy. It is advisable to consult us if you have any of these signs.

Inflammation or redness of the wound

Bleeding

Excessive swelling, tenderness or pain

High Temperature

It is possible to develop an infection following any kind of surgery. Symptoms of pain, inflammation occur within a few days. If you suspect that your wound is infected please contact us for treatment.

Bleeding

Some men experience a small amount of bleeding from the wound, others may bleed quite a lot. If you are concerned about bleeding, you can stop the flow of blood by pinching the skin edges of the wound together very firmly with finger and thumb. Hold together tightly for five minutes. If after this time the bleeding does not stop, please contact us straight away.

In rare cases, a small blood vessel can bleed inside the scrotum. This may lead to severe swelling and discomfort caused by a blood clot (haematoma). It can occur a few days after treatment and may be the result of over strenuous activity. You should contact us for advice.

R E M E M B E R

Although vasectomy is a very reliable method of contraception there is a rare, but medically accepted, rate of failure. Should your test results reveal that the sperm has not cleared, or if the tubes heal spontaneously, you will be offered a re-operation at no extra charge.

Specimens of semen for testing

It will have been explained to you that following the operation for vasectomy, the man does not become sterile for some time afterwards. In order to confirm this you will have been asked to produce specimens at 12 and 14 weeks after the operation using the sterile containers provided by the surgery, accompanied by the appropriate specimen form.

You must have ejaculated at least twelve times prior to providing your first sample for analysis. On the first four or five occasions this may be bloodstained. This is no cause for concern, it is perfectly normal and you should not worry.

As the rate of clearance of sperm is very variable some men will need to provide further samples for testing at our request.

ADVICE FOR THE COLLECTION OF SEMEN

Make sure that your hands are clean when handling the specimen container and only remove the lid when ready.

Specimens should be produced by hand (masturbation) directly into the container. Specimens transferred from sheaths are unsatisfactory.

Replace the lid firmly to prevent leakage and write your name, date and time both on the label and also on the pathology form.

Attach specimen container to the pathology form by placing inside the plastic bag on its reverse and sealing well.

The specimen should then be delivered directly to the pathology department as soon as possible following collection. Delay in receiving it at the laboratory or contamination by germs could mean that you are asked to produce another specimen.

You should receive your results within two weeks of sending your last sample. We will advise you if further samples are needed. Please note that the result is not notified until both samples have been received.

To ensure confidentiality and accuracy, your test results will be notified to you in writing. Unless a prior arrangement has been made we will not give out results by telephone.