

## WHAT TO EXPECT

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**Bruising** may be noticeable on the skin

**Minor bleeding** may be present from the wound.

You can wear a light pad in the underwear if necessary

**Scrotal discomfort** will generally resolve within a week

The suture material used to close the wound is dissolvable and this will take a number of weeks

## RETURN TO ACTIVITY

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**Driving** – you can drive after 24 hours

**Work** – you may require some time off work. The duration will depend upon your occupation. In general you could return to light duties after a day or so. You should discuss this with your surgeon *prior* to surgery to arrange a certificate

**Lifting** – avoid heavy lifting for one week after surgery to minimize the chance of secondary bleeding

**Activities** – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for one week

**Sex** – avoid for 48 hours or until you are comfortable. **Vasectomy is not effective immediately. You must use another form of contraception until you are given clearance**

You can shower after 24 hours but avoid soaking in the bath for at least one week. Keep the wound clean and dry.

## FOLLOW UP SCHEDULE



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**Severe bruising and swelling** – this may be due to secondary bleeding. This is uncommon but can occur within the first week or so after surgery

**Fever, chills or shakes** – this may indicate infection

## WHEN TO GO TO EMERGENCY



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**Vasectomy is not effective immediately. You must use another form of contraception until you are given clearance**

In general, it takes at least 2 or 3 months (and at least 20 ejaculations) to achieve sterility. You will need to do a semen check to confirm this

Routine follow up is conducted after 2-3 months