

Vasectomy

What to expect

- **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

- **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

- **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

- **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