

Post-Operative Care Instructions: Vasectomy

What to expect:

- Minor bruising may be present on the skin
- Minor bleeding may be present from the wound. You can wear a light pad in your underwear if necessary
- Scrotal discomfort should resolve within a week
- Suture material is dissolvable and may take a few weeks to dissolve.

Return to activity:

- Driving – no driving for 24 hours
- Work - you will require some time off work; the duration will depend on your occupation. Generally, you may return to light duties after 24-48 hours
- Lifting – avoid heavy lifting for a week following your procedure to minimize secondary bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure
- Sex – avoid for 48 hours or until you feel comfortable. ***Vasectomy is not effective immediately. You must use another form of contraception until you are given clearance from your doctor***
- You can shower after 24 hours but avoid soaking in the bath for at least one week. Your wound must remain clean and dry.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

How long before I am sterile?

It usually takes between 2-3 months (and at least 20 ejaculations) to achieve sterility. A semen check is performed to confirm this and you must use another form of contraception until you are advised by your Urologist.

Call our rooms if:

- You have severe bruising or swelling- this may be due to secondary bleeding
- Fevers, chills or shakes (may indicate infection)

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 2-3 months after your procedure

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au