

Advice for patients after a vasectomy

Day Surgery Unit Patient Information Leaflet

Introduction

This leaflet is for patients who have had a vasectomy. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

The information gives general guidance. Your consultant will discuss your individual treatment with you.

How do I care for the wound?

The stitches in your wound are dissolvable and can take between seven to 21 days to dissolve. Start to have daily baths 48 hours after your operation and continue with daily baths until your wound has healed.

If a dressing has been used, you can take this off the day after your operation.

A small amount of bruising is normal. It may be more comfortable to wear support pants, not boxer shorts, for one week after the procedure.

Pain relief

During your operation, a local anaesthetic was injected into your wound to reduce discomfort. This will wear off about four hours after surgery and you may experience discomfort or pain for two to three days.

You can take painkillers such as paracetamol for several days or until you feel comfortable (always read the label; do not exceed the recommended dose).

What about work?

This will depend on the work you do and whether you are in discomfort. If you need a sick note, please ask the nurse who books you in for the procedure.

Sex

You can have sex as soon as it is comfortable. However, **you must use contraception until you are given the ‘all clear’ by your GP**, as sperm can remain in the tubes that lead to your penis. Please note that you will need to have sex or ejaculate twice a week for 10 weeks to flush any remaining sperm out of the system.

After this time, you will need to provide two samples of semen so these can be tested for sperm (see the section ‘Semen analysis after vasectomy’).

Semen analysis after vasectomy

You will need to give two samples of semen, 10 and 12 weeks after surgery. Sometimes, it may be necessary to provide a further sample.

We will give you two pre-dated specimen pots and forms, which are numbered 1 and 2, before you go home.

The instructions for collection of the sample are as follows:

- Label the specimen container with your name, and the date and time of collection.
- The specimen must be obtained by masturbation and the entire sample must be collected directly into the container provided. **Do not** use a condom as they contain spermicide (a sperm-killing agent). Leave a gap of three days after you last had sex before collecting the sample.
- Ensure the cap is screwed down firmly and put the pot into the bag attached to the request form, and then seal the bag.
- During transit to the laboratory to drop the sample off, make sure it is kept warm (body temperature), either in an inside pocket or against the skin. A drop in temperature may kill sperm, making the test difficult to interpret.
- Bring your sample, ideally within one hour of collection, with the request form to the Pathology Laboratory reception, first floor, West Wing, Russells Hall Hospital.
- Please hand the sample to the receptionist.

You can only hand in post vasectomy semen samples during the hours 9am to 4pm, Monday to Friday, excluding Bank Holidays.

How do I get my results?

Your consultant's secretary will inform you by post of your results. This may take up to three weeks after you have handed in your second specimen.

Please note:

If you experience any of the following after the procedure, you should contact one of the helpline numbers:

- A lot of pain that does not improve after taking pain-relieving tablets. Please do not suffer pain. If there is no improvement after taking your painkillers as directed, do not take more tablets than recommended on the bottle or container – contact us for advice instead.
- If the wound bleeds when you go home, do not panic. Sit or lie down and apply firm pressure to the stitch line with a gauze pad, for five minutes. The bleeding should stop after five minutes.
If the wound is still bleeding after this time, continue applying pressure and contact us on one of the helpline numbers.
- Your scrotum appears to have swollen to more than twice its normal size, either on one or both sides.

Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

Russells Hall Hospital Day Surgery Unit on
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

Pre-operative Assessment Unit on
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

Out of these hours, urgent queries: contact Surgical Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔