

SAMPLE



**Blackpool Teaching
Hospitals**

NHS Foundation Trust

Advice to Patients Following a Vasectomy

**Sexual Health Services
Patient Information Leaflet**



SAMPLE

Vasectomy – Post Operative Information

We advise you to take note of the following information:

- You may experience some discomfort for 2 - 3 days following your vasectomy. Painkillers such as paracetamol will help relieve any discomfort. (Aspirin is not recommended as it can prolong bleeding).
- Avoid alcohol for 24 hours.
- You need to provide a Scrotal Support or tight supportive underwear to wear for 3 days and nights, it will help minimise any bruising and / or swelling which is quite normal after the operation.
- Wearing a scrotal support or tight supportive underwear for 1 month or until you feel comfortable without it, will help to relieve any further discomfort during the day as you are walking around.
- You may experience very slight bleeding from the small wound in your scrotum. This will settle within a few hours. If you are concerned or the bleeding continues, then contact your GP.
- The day after your operation, we suggest taking a daily shower using plain water. This will help to keep the area clean and free from infection and also help dissolve your stitches. Pat the wound dry with a clean towel, do not rub dry.

- It is possible for the wound to become infected. If you experience any signs of infection such as a high temperature, shivering or feeling generally unwell, then you should contact your GP.
- The stitches in your wound will dissolve in approximately 7-10 days.
- You may notice some swelling and bruising in your scrotum, this should reduce. However if you are concerned or you have severe swelling for more than 3 to 4 days you should contact your GP for advice.
- You may continue to drive after 24 hours, but refrain from heavy lifting or strenuous exercise for 2 weeks.
- You may return to work once the discomfort has settled, usually after 2 to 3 days. If in doubt, check with your GP.
- You may resume sexual activity, as soon as you feel comfortable to do so. The operation does not have any effect on your physical ability to have sex, nor on the production of fluids that make up semen, so orgasm and ejaculation are unaffected. However, you must continue to use a form of contraception during intercourse, until 2 consecutive semen samples are shown to be free of sperm.

Sample for Sperm Count

- You will be asked to take 2 semen samples to the Pathology Department at Area 2, Ground Floor, East Park Drive, Blackpool Victoria Hospital, FY3 8NR 12 and 16 weeks after your surgery. You will be given sample bottles and instruction, leaflets before you leave the clinic.
- Please follow the instructions in the separate leaflet.
- The results of these samples will be forwarded to your consultant who will inform you by letter of the results once we have received both of your samples.
- It is your responsibility to take these samples when they are due, we will not remind you.
- You do not have to attend for a post operative check however if you need any further

er information

Further information

[illegible]

Useful contact details

Sexual Health Services:

0300 1234 154 Option 4

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concern or complaints the Trust receives. You can contact them via tel: **01253 955589** or by email: **bfwh.patientrelations@nhs.net**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

Details of the references used in writing this leaflet are available on request from:

Procedural Document and Leaflet Coordinator
01253 953397 or **bfwh.trustpolicyteam@nhs.net**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**

Our Four Values:



People Centred
Compassion

Positive
Excellence

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