

Sexual Health Services

Advice to Patients Following a Vasectomy



Vasectomy

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 or medication supplied by your doctor is not recommended as it can prolong bleeding).
- Avoid alcohol for 24 hours.
- You maybe be issued with a Scrotal Support however you may wish to supply your own, wear it 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.
- Starting the day after your operation, take a daily bath / 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, providing your job does not entail heavy manual labour 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.
- Samples should be submitted on a Wednesday morning between 9.00am and 10.00am within 1 hour of collection. If a Wednesday is not convenient please contact Cytology on 01253 306953 to arrange a more suitable time.
- You should not have sex for at least 2-7 days before you produce a sperm sample. This should be obtained by masturbation and ejaculation into the sample bottle which should be warmed to body temperature (i.e. kept in your trouser pocket for 15 minutes before). Do not use anything else to collect your sample especially condoms as they may contain a spermicidal.
- The results of these samples will be forwarded to your consultant who will inform you by letter of the results.
- 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 advice please contact the service on the number below or your GP.
- **Sexual Health Services - 01253 657171**
Monday - Friday 9am - 4pm



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 655588**

Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**

email: **patient.relations@bfwh.nhs.uk**

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

Travelling to our sites

For the best way to plan your journey to any of the local sites visit our travel website:

www.bfwhospitals.nhs.uk/departments/travel/

Useful contact details

Hospital Switchboard: **01253 300000**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

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

Policy Co-ordinator/Archivist
01253 303397



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