The Women's Health Centre
Southern Highlands

VASECTOMY AFTERCARE

DAY 1
Use a cold pack wrapped in a face washer or towel on the scrotum on and off.
Wear supportive underwear.
No shower for 24 hours.
For pain or tenderness use Ibuprofen and Paracetamol (Panadol or similar).
Do NOT take Aspirin as this can increase the risk of bleeding.
Do not do any lifting.
Walking and standing are okay for 5 minutes at a time only, with resting in between.
Relax as much as possible.

DAYS 2 - 6
Each day increase walking and standing for 30 minutes at a time, resting in between periods of walking or standing.
Keep wound clean and dry – shower instead of bath and no swimming.

DAY 7
You should be able to manage work (if not physically demanding) or light duties (if you have a very physically demanding job).
You can resume sexual activity (remember that you still need to use an effective method of contraception).
Carry 10-15kg only.
No sport yet.

DAY 14
Non-contact sport can be resumed. You can go swimming.
Can carry 20-30kg.

DAY 28
Heavy weights, martial arts, contact sports, cycling, surfing and motorcycling can be resumed.

Pain and aching:
It is normal to experience a background aching feeling for 1 to 2 weeks post-vasectomy. It will eventually subside. Take Paracetamol (Panadol / Panadeine) and Ibuprofen as required. If aching continues for 1 to 2 months (Post-Vasectomy Pain Syndrome) then contact the clinic or see your GP for review.

Swellings:
A haematoma is a collection of blood in the scrotum. This can be as large as a grapefruit and occurs mostly in the first or second-week post-vasectomy. It can take 2 to 3 months to go away. To avoid a haematoma, it is a good idea to return to physical activity slowly, as outlined above.

Sometimes after 2-3 weeks you will be able to feel a small lump above the testes where the vas has been cut, these will get smaller over a few years and are not normally painful.

Please contact the clinic on **(02) 4880 1686** if you experience:

- Excessive swelling
- Excessive bruising
- Severe pain

After 3 months:

· You **MUST** have your sperm count done to confirm that the vasectomy has been successful.

· You have been given a pathology form and a specimen jar.
The sample will need to be collected **as soon as possible** before dropping off (certainly no more than 1 hour prior). **Wrap up the sample in foil** and **keep dark during transport** (e.g.in pocket). Please call the collection centre to confirm that you are dropping off a sample. The centre's that accept this sample are listed below with the collection times.
*Note:
Sample must be dropped off as close to these collection times as possible to ensure the viability of the sample.

DHM Walker Street: **10:30am, 12:30** and **3:30pm**

DHM Bowral Street: **10:00** (this time is preferable)**, 11:15** and **2:15pm**

· **DO NOT** stop using your current method of contraception until we have confirmed with you by phone that your sperm count is zero. An appointment should be made with Dr Clea for a week after the semen analysis so that she can give you your results. This appointment will always be bulk billed and can be booked as a telehealth appointment for your convenience.