



PRE-OPERATIVE INSTRUCTIONS

Eating and drinking: Your vasectomy is a simple 15 to 20 minute operation that is carried out under local anaesthetic so you can eat and drink normally before coming.

Shaving: The operation will be easier to carry out and the infection risk can be reduced by shaving two days before. Please shave the whole scrotum (sac) and groin area thoroughly. (Hair removal creams such as Immac are not recommended as a rash leading to cancellation of your procedure may occur).

Underwear:- Please bring supportive underwear such as tight briefs or a sports support to wear after the operation. Do not bring boxer shorts.

Driving:- It is preferable for you to make arrangements to be driven home from the operation not least in case you have to make an emergency stop!.

Medical Problems:- Please tell the surgeon about any new medical problems that may have occurred since your original counselling and referral.

Post – Operative Instructions

Once you have had your vasectomy and we hope that you will suffer only minimal discomfort and no post operative complications.

What you do in the first few days after the Op can significantly help prevent complications. The most important thing is **NOT TO OVERDO** things! Ideally you should aim to take a few days off work particularly if your job is of a physical nature. Excessive exertion or straining can encourage internal bruising which in turn might lead to an increased risk of infection. Here are some further important points:

- **Take painkillers as needed especially immediately after the op**
- **Wear supportive underwear such as Jockey pants not boxers**
- **If possible shower rather than bath. If you do bath try not to make it a long hot soak**
- **The small dressing can be removed the day after the operation and the wound kept clean and dry afterwards**

- **Try to avoid the kids or pets jumping on you (not so easy, this one!)**
- **Try and avoid Sport or heavy exercise for at least 7 days**
- **Resume Sex when you feel comfortable, but please remember you are NOT YET STERILE.**
- **If you do develop significant pain or swelling after the operation or you are worried in any way please contact your own GP in the first instance or don't hesitate to contact us on 01225 898015 (please be aware this line will revert to an answering service after 3pm). Alternatively, you can contact Wiltshire Medical Services (out of hours) on 0300 111 5717 or NHS direct on 08454647.**

FOLLOW UP ARRANGEMENTS:-

Arrangements will be made for semen analysis at 16 and 20 weeks post operatively. **Before this date, please try to ejaculate ("come") at least twice a week, this will help to clear your tubes.**

At approximately 15 weeks post operation you should receive a semen analysis kit direct to your home address. Please follow the instructions given with the specimen bottles, **taking special care not to supply the sample too early but after the date specified.**

It sometimes takes more than five months before all the sperm have disappeared. In this case further monthly samples may be required and we shall send you further containers and packaging. When one negative test have been obtained you will be informed by letter.