



VASDOC | NAMBOUR CLINIC FAMILY MEDICINE

VASECTOMY INSTRUCTIONS

BEFORE YOUR PROCEDURE

- Make sure you **bring tight underwear** (briefs but not boxer shorts) for the procedure. If you don't have any, believe us that it will be a good investment for your recovery
- No blood thinning medications (aspirin, fish oil, anti-inflammatory medications) for 7 days before procedure. If it is medically necessary for you to be on these medications or other blood thinners, please contact us to discuss with Dr Ranaweera before booking.
- Fill in the patient registration form.
- Read and sign consent form. If you have any questions or feel like you need more information, feel free to call, email or book in for face-to-face discussion.

THE PROCEDURE

Please come in 10-15 minutes before the operation. The procedure itself takes around 15-20 minutes. Your partner may come into the procedure room if you wish and you can drive yourself home. You will get a specimen jar and pathology form for semen collection at 12 weeks and 20 ejaculations before you leave.

AFTER YOUR PROCEDURE

- Plan to spend a quiet evening at home, reclining in bed or a lounge chair and minimise activity.
- Have a shower the next morning. Since there are no stitches, a gauze pad is left over the wound which is held by your underwear. This can be replaced after showering.
- Since no incision is made, a follow-up visit is not required.

PAIN RELIEF

Often men are surprised at how little pain they have after vasectomy.

- Tight underwear will provide scrotal support to assist with pain relief. Wear it whenever you are up and around for the next two days, during sports for the next seven days.
- Paracetamol (e.g. Panadol or generic brand) or ibuprofen (e.g. Nurofen, Advil or generic brand) should suffice if you have any discomfort. Avoid aspirin for two days after the vasectomy.
- No need for ice packs.

WORK AND ACTIVITY

- Men in sedentary roles (driving, office work) can return to work the following day. More strenuous jobs may require 48 hours.
- Avoid heavy lifting (more than 10kg) for about a week.
- Avoid heavy sport or strenuous exercise for one week.
- Sexual intercourse can resume after 48 hours if you are reasonably comfortable. Remember too use another form of contraception until you are cleared.