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VASECTOMY AFTERCARE

- Rest, keeping your legs raised, for as long as possible during the first 24 hours.
- Ice packs/frozen peas on the genital area can be helpful in reducing swelling (do not apply directly to the skin e.g. wrap in a tea towel). Use good supporting underwear or cycle shorts etc. (not boxers) for 2 -3 days.
- Use simple painkillers or anti-inflammatory such as paracetamol or ibuprofen as long as there is no medical reason not to take them.
- Baths (with a cupful of salt) can be started the following day and continue for at least a week. This keeps the area clean, aids healing and helps dissolve the stitches.
- If possible, it is best not to go to work the following day. Most people return to work within 2 -3 days and can have intercourse or exercise within a week, although this depends on bruising, swelling or what job you do.
- Frequent ejaculations (At least 2/week) are necessary to clear the tubes of old sperm. Remember there will be no change in colour, consistency or amount of seminal fluid. However, it is not uncommon to notice some blood in the urine or seminal fluid for 1 – 2 weeks following your vasectomy. If this persists, please see your GP.
- Stitches still present after 3 weeks can easily be removed by the practice nurse.

COMMON PROBLEMS AFTER A VASECTOMY

- **Bruising** – This is very common. It can be dark in colour and can appear away from the wound site.
- **Swelling** – Occurs in almost everyone. Resting, ice packs and snug fitting underwear can help.
- **Bleeding** - If there is bleeding from the wound, press gently for 5 – 10 minutes. If this does not settle the bleeding, contact your GP.
- **Haematoma** - There is a 1 % risk of this occurring. This is when bleeding collects and forms a lump. If the swelling is very large then immediate medical attention should be sought. Around 0.04% of vasectomies can result in a major complication. Removal of the blood is necessary only if very large. All cases should be checked within a few days as antibiotics are sometimes needed and/or anti-inflammatory drugs. Seeing your GP is appropriate.
- **Infection** – If the wound continues to ooze after a few days or there is an increase in redness and or pain around the wound, an infection may have occurred. This can be easily treated with antibiotics. Contact your GP for treatment.

- **Pain** - Some men have pain that can last for a few months after the operation. Continued use of supporting underwear and anti-inflammatory drugs can help until it settles.
- It is always recommended that you self-examine your testicles on a regular basis looking for lumps as testicular cancer can develop in younger men. There has been no proven link between having a vasectomy and your risk of cancer.

QUERIES OR PROBLEMS

If you have any queries or problems either before or after your vasectomy, please contact us at the clinic on 065 6868140. Please note that for confidentiality results are not discussed over the phone.