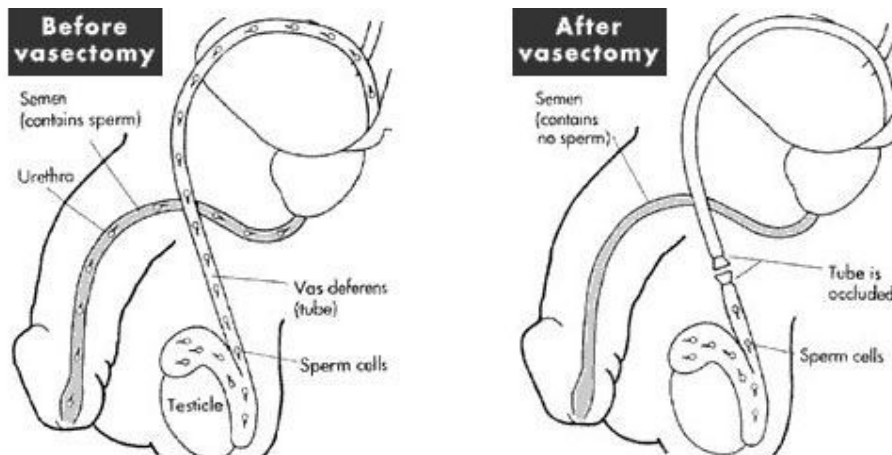
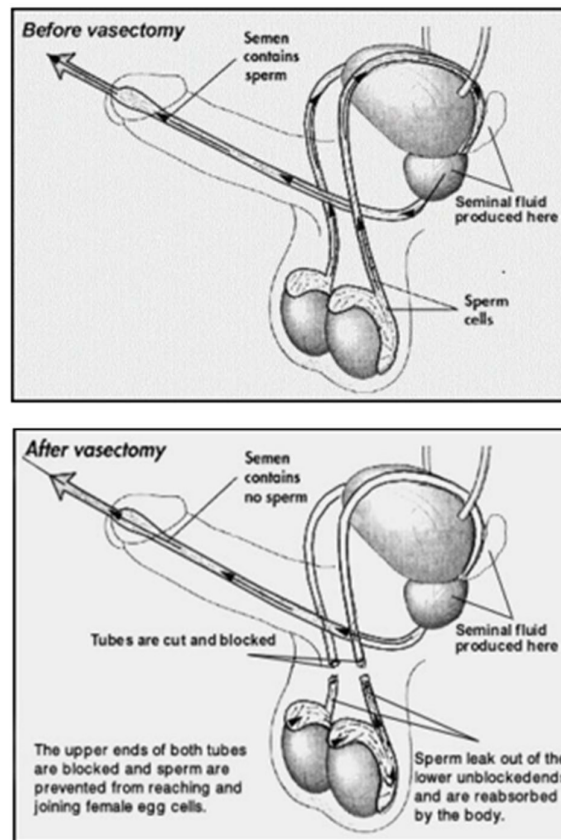


Vasectomy post operative care

Vasectomy is a simple surgical procedure to cause male sterilisation, it is a form of permanent contraception. During the procedure the tubes (the vas deferens) that carry the sperm from the testicles, are cut and closed off. This prevents sperm mixing with semen, which is the fluid ejaculated during sex. After the procedure sperm produced in the testicles can no longer mix with the semen and the semen gradually becomes free of sperm. There will not be a noticeable change in the volume of semen ejaculated. Less than 3% of the semen volume is made up of sperm. The smell and colour will remain the same.

Each testicle produces sperm which are stored in the epididymis. From here the sperm travel through the vas deferens to the prostate gland. During orgasm, the sperm mix with ejaculate (fluid) created by the prostate, which is what creates the semen.





Pain

You may experience minor pain and discomfort. It may feel like a dull ache in the testicles for the first one to two weeks. Pain usually settles during the first week.

Rest with your legs elevated.

For pain relief take regular Paracetamol (Panadol, Panamax), switching to Panadeine or Panadeine Forte for increased levels of pain. You may be sent home with Palexia (Tapentadol) slow release (SR) or immediate release (IR) and/or Endone. Please take these as prescribed and be aware that they may constipate you (including the codeine in Panadeine and Panadeine Forte). These drugs can also make you drowsy. Please do not drive if you are taking the stronger pain medication. You may also be sent home with anti-inflammatory drugs (eg. Celebrex 200mg once daily or Celebrex 100mg twice a day for 5-7days or Ibuprofen/Nurofen or Mobic).

Wounds

You will have two wounds on your scrotum which will have dissolvable sutures. There will usually be a covering/dressing over these wounds which you can remove after 48 hours. You can then have short showers, avoiding sitting in baths, pools or spas until the wound has healed 100%. The sutures will dissolve with time, this may take a few weeks.

Your scrotum may be swollen and bruised. Wear firm supportive underpants and keep your legs elevated.

During the first 24 hours, apply an ice pack for 20 minutes 3-4 times per day. This will help reduce wound swelling. Wrap the ice pack in a towel to ensure the ice pack does not touch your skin. This helps to reduce swelling and pain.

Bowels

Avoid getting constipated and straining when opening your bowels. Ideally you want to have a bowel motion the day after surgery. Increase high fibre diet such as fruit and prunes.

Activity

Gentle activity like limited walking for first week.

Avoid vigorous exercise and heavy lifting for the first two weeks. Over exertion may lead to increased swelling and pain.

You may resume strenuous activity like cycling, weights and contact sport after three to four weeks if comfortable to do so.

You may resume sexual activity when free of discomfort, after one week. It is important to use a proven form of birth control until you get an 'all clear' sperm result with your semen check.

Work & Driving

You have had a general anaesthetic, therefore avoid alcohol, operating machinery and making personal or business decisions for the first 48 hours. Return to work after a couple of days to one week depending on your recovery. Take longer if your work involves manual labour. Please contact our office for a medical certificate.

No driving or riding a bicycle for 24 hours after a general anaesthetic. Strong pain relief may make you drowsy and less attentive to traffic conditions, therefore be cautious to restart driving.

Clot prevention

Keep your legs moving. Have a walk every hour within your home to keep the calf muscles pumping to avoid getting clots. If you notice any discomfort, pain, swelling in your calves and lower legs or you notice you are short of breath or have chest pain, please present to your GP ASAP, or return to your nearest emergency department.

If you take anticoagulants (Warfarin, Aspirin, Xarelto, Apixaban etc), please confirm when you are to resume these.

Post operative SEMEN CHECK

The aim of the vasectomy is to have unprotected sex without the risk of conceiving, therefore an examination of your semen is required to ensure there is no risk on an unintended pregnancy. After 3-4 months, or after 30-40 ejaculations, please follow the instructions below on how to collect your semen, to check if there are any residual sperm present.

You will need a pathology referral for this semen check – the hospital usually provides this for you on discharge, but if you lose it or have not received one, please call our practice to get one.

SEMEN ANALYSIS – Post-vasectomy

Collection of specimen

Collection centres and laboratories are not equipped for semen collections. This should take place at home.

1. Abstain from ejaculation for 2–7 days.
2. Collect the complete ejaculate, by masturbation, into the container provided.
3. If a condom is used to collect the ejaculate, please ensure that it is not made from latex and does not contain a spermicide or lubricant as results may be affected.
4. Ensure the container is labelled with your surname, first name, date of birth, time and date of collection.
5. Mark the container 'Post-vasectomy'.
6. Do not refrigerate.

Delivery of specimens

1. Ideally, the specimen should be delivered to the nearest laboratory (see overleaf) within 1 hour of collection.
2. If you cannot deliver the specimen directly to the nearest laboratory, it can be taken to a collection centre, but this may cause transport delay and affect the results.

Metropolitan laboratories

Crows Nest - Mater Hospital, Lower Ground Floor, Rocklands Road (02) 8913 2200 Weekdays 8 am–4 pm Closed Saturday

Kogarah - St George Private Hospital, Suite 1, Level 5, 1 South Street (02) 9553 2600 Weekdays 9 am–3 pm Saturday 8 am–12 noon

Liverpool - Ground Floor, Unit 26, 16–18 Bigge Street (02) 8778 1999 Weekdays 8.30 am–7 pm Saturday 9 am–2 pm

Macquarie Park - 14 Giffnock Avenue (02) 9855 5222 Weekdays 8 am–8 pm Saturday 8 am–6 pm

Penrith - 31–33 Lawson Street (02) 4734 6500 Weekdays 8.30 am–5.30 pm Saturday 9–11 am

Westmead - Westmead Private Hospital, Ground Floor, Suite 16, Cnr Mons and Darcy Road (02) 8833 2800 Weekdays 8 am–4 pm Saturday 9 am–12 noon



Problems

Please contact us immediately or present to your GP if you experience:

Prolonged or heavy bleeding with the passage of clots (present to your nearest emergency department)

Increased pain that is not relieved by pain relief medications

Chills and persistent fevers > 38C

Heavy bleeding from any incision

Increased swelling of the scrotum or swelling around the surgical sites

Redness spreading from incision sites

Itchiness, signs of a reaction to medication

If you think that there may be something wrong or you are worried, please do not hesitate to call

If serious, and/or after hours, please present to your nearest emergency department

Follow up appointment

Our Practice Nurse will call you post operatively to check in on your progress

Please contact the office on 9997 7346 to make this appointment.

Sydney General Surgeons

Suite 502/20 Bungan St, Mona Vale NSW 2103

Telephone 02 9997 7346 **Facsimile** 02 9979 7540

Email admin@sydneygeneralsurgeons.com.au **Website** sydneygeneralsurgeons.com.au

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