



Post-Op Vasectomy Instructions

Please refer to the Vasectomy Counsel document for specific information regarding fertility after a vasectomy.

PAIN RELIEF

- Ø Take the analgesia (if prescribed) as directed
- Ø You may ice the scrotal area, use e.g. a bag of frozen peas or a soft ice pack and apply to the scrotum from outside your underwear, never directly against the skin. Apply for 10 minutes at a time and repeat as needed.
- Ø A certain amount of pain / tenderness is to be expected and can last for a few days or a few weeks

ACTIVITY AFTER DISCHARGE

- Ø No strenuous activity for the first couple of days post-op
- Ø Avoid sexual activity for at least 3 days post-op and thereafter only if it feels comfortable. If it causes pain or discomfort, stop!
- Ø Do what feels comfortable, don't strain or engage in strenuous physical activity
- Ø Avoid constipation! Analgesia can cause constipation - take a stool softener available OTC – Movicol is the recommended one – while you are taking analgesia.
 - Eat fruits, veggies and whole grains
 - Try to drink 6-8 glasses of water daily unless otherwise instructed

INCISION CARE

- Ø You may shower 24 hours after surgery. Apply Bactroban (or generic) cream to the wound site twice daily and keep the area clean and dry
- Ø Bruising is to be expected, as well as some swelling

WHEN TO CALL YOUR DOCTOR

Call your doctor (or go to Casualty if Dr isn't available) immediately if you have any of the following:

- Ø Jaundice
- Ø Increasing abdominal pain / constipation / nausea or vomiting
- Ø Increased redness/swelling or drainage of clots/pus from the surgical site
- Ø Fever of 38°C or higher

Follow-up appointments are not required unless something seems wrong or if you are concerned about something. If that is the case please feel free to contact the rooms for an appointment.

If a biopsy was taken, allow 5 – 7 working days for results. Dr will notify you if there is anything of concern.