

# Post op advice

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## Immediately following surgery

The local anaesthetic wears off after an hour or two and you may start to notice a mild to moderate “ball ache”. This is normal. To minimize the discomfort please take paracetamol and ibuprofen as soon as you get home and wear tight fitting briefs but loose fitting trousers.

## What to expect

You have a small cut on your scrotum less than 5mm in length. This is so small it does not usually require stitches. When we do use stitches we use absorbable stitches and these fall out on their own in a few weeks time. Some surgeons like to leave the wound open to the air, some like to cover it with a dressing and some like to use glue. There is no definitive answer as to which method is best but your surgeon will talk you through their chosen method. If glue is used it will simply flake off in a few weeks time

The wound will ooze a small amount of thin yellow /pink fluid for the first 4 to 5 days and this is normal. The wound will get a red ring around it with up to a 5mm radius and this is the body’s immune system helping to heal the wound. If you get redness spreading further than this or if you develop a fever or if the wound starts oozing pus (thick, yellow liquid) you should seek medical help within 4 hours – this may be your GP for advice during working hours or call 111 out of hours.

## Washing and cleaning

You can shower the day after your operation. Please pay attention to patting the wound and scrotum dry rather than rubbing it vigorously. Please do not get in the bath or swim for the first 7 days and until the wound has stopped oozing fluid.

You do not need to do anything specific to the wound to keep it healthy – the body is excellent at healing itself!

## Getting back to work

If you have an office based job you can usually return to work the next day or the day after. If you do a more manual job we would recommend 7-10 days off very physical labour but you can return to a more relaxed role after a few days.

## Sports and Gym work

Avoid any vigorous physical activities that are going to rub or impact on the scrotum (eg: running and cycling) for the first 7-10 days.

## Sex

Most surgeons advise 7-10 days off sex after this operation but we know that some patients get back to this before this time. This is not a major problem but we would advise caution – no swinging from the chandeliers please! You may notice some blood when you first orgasm.

## Clearing the sperm

We do a single postal sperm test at 16 weeks after your operation – we need to wait at least 16 weeks for the body to have had the chance to rejoin the tubes (if it is going to rejoin your tubes this is likely to have occurred before 16 weeks). AND we require you to ejaculate at least 24 times between your vasectomy and your sperm test but the more the merrier! If you think “at least twice a week” you should be on track – just remember to wait 7-10 days before starting to clear those sperm.

Until you get the “all clear” result from us confirming that you are no longer producing any sperm ***it is essential that you continue to use additional contraception.***

## Problems you may encounter

- **Bleeding:** If the wound bleeds please pinch it firmly between your thumb and forefinger for 10 minutes without letting go (you cannot do any damage to yourself by grasping the wound firmly). If at 10 minutes the wound is still bleeding please go to your local A&E department
- **Infection:** If you get a fever, get pus from the wound or notice spreading redness please seek same day help from Sentinel on Tel: **01752 434102** /your GP /111
- **Swelling:** This is usually mild and will settle with time – swelling can be minimized by wearing tight fitting briefs and loose fitting trousers – if you have any concerns or if there is a really large swelling please give us a call on **01752 434102**, or if it can't wait until our offices are open again please call 111
- **Pain:** Usually all you need is simple pain relief like paracetamol and ibuprofen. If this is not sufficient please call us or your GP (try us first as we are usually easier to get hold of). If you are getting pain that is bothering you after 2 weeks please do call us as we are more than happy to review you and offer further advice. If in two minds about whether to call or not please just call us – we would much prefer to speak to you than not. Do not let pain drag on without seeking advice from us: worrying about pain or your operation can make you more likely to develop longer lasting pain.

### Contacting us

You can reach us on **01752 434102**.

If you run into any problems no matter how minor,  
**please do let us know even if you have sought help elsewhere.**

Our offices are open between the hours of **8am to 5pm**.

Please contact your own GP's out of hours service outside of these hours.