



Advice about your vasectomy

About the operation

This operation involves a small cut in the scrotum, which cuts through the tubes that carry the semen. This should result in you being sterile. The operation is done under local or general anaesthetic.

The scrotal area needs to be dry shaved before the operation. Do not worry if you cannot do this at home as we can do it for you when you are admitted. Please do not use an electric razor or wet shave; use talcum powder and a safety razor.

After the operation

Discomfort you may experience some discomfort. A mild pain killer such as paracetamol can be taken. If you can tolerate ibuprofen, this can be taken as well as paracetamol. Please follow the instructions on the packet.

You will be more comfortable if you wear close-fitting pants or swimming trunks, day and night, until any tenderness or swelling has disappeared.

Activity gently return to normal activities over the next 48 hours. Do not do any heavy lifting or gardening etc, until you feel able.

Work you can return to work when you feel able to do so. Please rest for 24 hours if you have had a general anaesthetic.

Wound keep the wound clean and dry until the second day when you can take a bath or shower. The stitches used are dissolvable and do not need to be removed, they will take up to 2 weeks to go.

The bruising around the operation site is sometimes quite marked, but will go in a week or so. If you have any signs of infection such as increasing swelling, pus or high temperature please see your GP.

Contraception

It is very important that you **take alternative contraceptive precautions** until you get the 'all clear' from your doctor. Please see the additional leaflet on post-vasectomy semen samples.

Further advice

If you need further advice please contact:

Day Surgery Unit 01722 336262 ext: 4550 between 7.30am and 7pm.

After 7pm contact Downton Ward on 01722 336262 ext 2182, your GP or the NHS 111 service.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.