

All correspondence to:

**Woodlands Surgery**

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**WOODLANDS & CLERKLANDS**  
GP PARTNERSHIP

**Clerklands Surgery**

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## ADVICE FOLLOWING YOUR VASECTOMY

### Right now:

- Wear close fitting underwear to provide support.
- Do nothing for the next 3-4 hours – just sit or lie in a comfortable position.
- Apply something cold, such as a bag of frozen peas or an ice pack. Make sure you wrap this in a towel and apply for 10 minutes at a time and leave 10-15 minute gaps between applications.
- Do as little as possible over the weekend – you can potentially increase bruising if you do too much.
- The wound is covered with a steristrip. We suggest keeping this on for 2-4 days if possible. If it comes off steristrips can be bought from your local chemist and then reapplied.
- Keep the wound dry for the first 24 hours, then you can shower lightly after that, but try to keep the steristrip in place. Make sure you pat dry the area well after showering.

### Next week:

- By Monday (or 2 full days rest) you may still feel slightly sore but most people can get back to work, even physical jobs, but be very careful when lifting and obviously avoid direct blows to that area.
- Avoid sport or avoidable strenuous activity for at least a week.
- Avoid cycling, riding a motor bike or horse riding for 10 days to 2 weeks.
- Avoid sex for at least 4-5 days, and only when comfortable after that.

### **Sperm count**

- You will need to provide a sperm count 4 months following the vasectomy – only when this has shown negative can you rely on the vasectomy for contraception.
- The body should reabsorb any unused sperm, but it is a good idea to speed the process up by “flushing out” the remaining sperm (the magic figure being 20-30 times). Recent guidelines now insist that there are a least 20-30 ejaculations before you submit the sample.
- Occasionally the sperm count may not show completely clear, but show a few dead sperm in the sample. This means the procedure has worked, but the system has not completely flushed out – we advise another sperm count maybe 1 month later to ensure the system has cleared.
- Samples are analysed at the Histopathology department at East Surrey Hospital and they now offer an appointment system for sperm samples. We suggest giving the department a ring on (01737) 231697 between the hours of 9am and 2 pm (weekdays), a few weeks before you plan to do the sperm count, to arrange a date and time to bring it in.
- The samples need to be ‘fresh’ i.e. in the department within 1 hour of producing the sample.
- Results come back to Woodlands Surgery about 1 week after submitting the sample – we will then contact you with the result, and whether it needs to be repeated etc.

### **Potential post op problems**

- These are rare, and include excessive bruising or wound infection.

- Slight to moderate bruising is common, severe bruising is not. If you get any rapid swelling of one or both sides of the scrotum this could mean haematoma formation (excessive bruising) and you should contact me again ASAP, or if I'm not available please contact the out of hours service .
- Wound infections are also rare. Don't be worried if you get a little oozing from the wound site in the first few days – this is often normal. If you get excessive pain or redness at the site this may mean you are developing an infection – please contact me.
- I am available over the weekend on my personal mobile number 07702 692923. Please call or text if you have any major worries over the initial weekend – otherwise for any other concerns, if it can wait for Monday please phone the surgery.
- If you have any concerns after this, following the procedure, then contact me at the surgery on 01293 820833 – telling the receptionist you have a post vasectomy problem – and I will call you back. (Please note I'm not normally in the surgery on Wednesdays)

And remember **please have a quiet weekend!**

You don't have many excuses to do nothing at the weekend – so make the most of it!

Best wishes,

Dr J K Birch  
**Woodlands Surgery**