



POST-VASECTOMY GUIDELINES

Immediate Post-Procedure Care (Today)

1. **Rest and Recuperation:** Patients are advised to proceed directly home and engage in rest, maintaining a reclined and relaxed posture to minimise unnecessary movement.
2. **Support and Incision Management:** Snugly-fitting briefs should be worn for the initial week to provide support and comfort. In the event of incision site bleeding, firm, sustained pressure should be applied for 10 minutes. The incision should otherwise remain undisturbed; antiseptic applications or bandages are not recommended. An ice pack may be used over briefs to the anterior aspect of the scrotum for a maximum duration of 30 minutes on the day of the procedure.
3. **Avoidance of Straining:** For a period of seven days, activities involving straining, such as reaching, squatting, or heavy lifting, must be avoided to prevent potential internal haemorrhage.

First Seven Days Post-Procedure

1. **Avoidance of Vigorous Activity:** For seven days, activities that induce jarring, bumping, or bouncing motions, including contact sports, skiing, or operating ride-on mowing equipment, should be eschewed due to the risk of internal bleeding. Patients are reminded that "Prevention is the best remedy."
2. **Sexual Activity:** Sexual stimulation should be avoided for the initial two days. Gentle sexual activity, provided it does not disturb the incision, is permissible thereafter. HOWEVER, it is imperative to utilise an alternative method of contraception until a semen analysis confirms the absence of sperm. The presence of blood or a brownish discolouration in the semen during the initial weeks is considered a regular occurrence.

Pain Management

1. **Management of Mild Discomfort:** Only mild discomfort is anticipated during the initial days. Paracetamol and Ibuprofen may be administered as required. For persistent aching pain, an anti-inflammatory regimen is frequently recommended.
 - **Dosage:** Paracetamol 500mg concurrently with Ibuprofen 200mg – two tablets of each, to be taken four times daily with meals for seven days.
 - **Contraindications:** Patients with a medical history of stomach ulcers, renal disease, or intolerance to anti-inflammatory medications should refrain from these regimens. The clinic should be contacted for further guidance.
 - **Severe Pain:** In instances of severe pain or a need for stronger analgesic medication, the clinic should be contacted promptly.

Expected Healing and Potential Complications

1. **Ecchymosis:** A painless black and blue discolouration may manifest around the scrotum and base of the penis on the second or third day. This phenomenon is benign and will resolve spontaneously within several days.
2. **Vas Deferens Nodules:** A pea-sized nodule will develop on each side of the scrotum at the site of vas deferens occlusion. This fibrotic scarring is normal and can be permanent. Initially, it may exhibit tenderness upon palpation (which should therefore be avoided). The tenderness is expected to subside within a few months.
3. **Haematoma (Blood Accumulation):** Should a large, purple scrotal mass resembling a golf ball develop within the initial two days, it may indicate a haematoma. Prompt intervention is critical; thus, the clinic or the nearest emergency department should be contacted without delay.
4. **When to Contact the Clinic:** Patients are advised to contact the clinic for guidance regarding any questions or concerns about their healing process, or if they experience excessive pain, swelling, erythema, purulent discharge from the incision, or a fever.

Confirmation of Surgical Success

1. **Post-Vasectomy Semen Analysis:** Completion of a post-vasectomy semen analysis is mandatory to confirm successful vasectomy. This test should be scheduled 12 weeks following the procedure. A pathology request form will be provided on the day of the procedure. Adherence to the provided "Vasectomy Test Instructions" is required. Subsequent semen tests are available for future assurance against late failure.

Clinic Contact Information

To contact the clinic, please dial 4637 9696. In urgent situations requiring physician attention before regular office hours, instructions for contacting the on-call physician are available.

Activity Guidelines

Following the vasectomy, patients must return directly home from the clinic and maintain rest until the following day.

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Normal food & beverage intake	Return to work
Sitting, lying, or reclining	Dining out or shopping
Engaging in TV, videos, and reading	Exercising or walking
Computer-based work	Entertaining guests/ social events
Administration of Paracetamol/Ibuprofen	Engaging in sexual activity

NEXT 7 DAYS

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Performing office work	Engaging in heavy exertion
Walking	Jogging or golfing
Operating a motor vehicle	Cycling
Lifting & carrying less than 15 kg	Weight lifting
Shopping	Roughhousing with children
Taking showers	Swimming or bathing
Engaging in gentle sexual activity	Disturbing the incision

AFTER 10 DAYS

No restrictions on activities apply.

VASECTOMY TOOWOOMBA

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