

MARYSVILLE MEDICAL PRACTICE **VASECTOMY SERVICE**

POST OP VASECTOMY INSTRUCTIONS

- Local anaesthetic will wear off after 2-3 hours so when you get home take 2 Paracetamol and/or Nurofen
- Rest for 48 hours - feet up and absolute rest recommended
- Driving is ok after 48 hours for short journeys
- Wear firm underpants day and night
- Dressing can come off at 24 hours
- Take 2 - 3 days off work
- Strip wash for 48 hours - no soaking in the bath
- Third morning have a quick shower - no scrubbing!
- **USE CONTRACEPTION UNTIL GIVEN THE ALL CLEAR AFTER THE SECOND SAMPLE AT 20 WEEKS**
- There is no restriction on sexual intercourse - it will not do any harm
- Do ejaculations before sending in the first sample at 16 weeks (there is no point in sending in a sample until you have had ejaculations)

Handing in the Sample:

- Do the specimen in the morning and drop it into the Fertility Clinic at Severn Fields Health Village in Sundorne by lunch time (Monday - Friday - Fertility Centre - 01743 261199)
- You should receive a letter from Marysville Medical Practice approximately 4-6 weeks after the 20 week specimen)

**WAIT UNTIL YOU GET THIS LETTER BEFORE HAVING UNPROTECTED
SEXUAL INTERCOURSE**