

MARYSVILLE MEDICAL PRACTICE **VASECTOMY SERVICE**

POST OP VASECTOMY INSTRUCTIONS

- Local anaesthetic will wear off after 1-2 hours
- Use basic analgesia if needed, e.g. paracetamol and/or ibuprofen. You can also use ice packs rapped in a towel (to avoid frost burn)
- Wear supportive, tight fitting underwear
- Rest for first 48 hours, avoid walking and any strenuous activities (no home DIY or gardening!)
- No self driving until you are pain free
- Try and keep wound dressings on for first 48 hours when you can have your first shower (water only, no soap or shampoo on wounds). No need for further wound dressings afterwards.
- No swimming or bathing for first 10 days
- No exercising or heavy physical work for 2 weeks
- Try and avoid ejaculating for first week (so things can settle down). After that it can take 40-50 ejaculations (sometimes more) to eject residual sperm
- Need for continued contraception until two consecutive semen samples (at 16 and 20 weeks) are clear
- In case of any complications (e.g. bleeding, swelling or infection) please contact your own GP/out-of-hours GP service or proceed straight to A&E if urgent

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) or alternatively you can drop it off at your own GP Surgery.
- 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**