



## Post Vasectomy Instructions

### Pioneer Health Albany

PIONEER HEALTH - ALBANY

- You may experience some scrotal discomfort for 2-3 days post procedure. Some bruising of the scrotum may also be noted.
- If there is pain that is distressing, marked bruising or discharge from the wound, please present to Pioneer Health or the Albany Hospital Emergency Department.
- The sutures that are used are dissolvable and will not need removing.
- We suggest that you fold a tea-towel and place it under the scrotum and then wear two pairs of underwear to support the scrotum.
- Simple analgesia such as paracetamol and panadeine may be taken to alleviate discomfort.
- We suggest that you avoid any heavy lifting, or straining for 5 days following your procedure. If you work involves light duties, you may return to work within 2-3 days of the procedure.
- We ask you to return to Dr Tadj or Dr Smit 1-2 weeks after for vasectomy procedure. During this consultation, your wounds will be checked, and we will arrange for a 3 month post vasectomy semen sample.
- Please remember that you will need to continue contraceptive precautions for 3 months. We will arrange for you to provide a semen sample in 3 months. If this semen sample confirms absence of sperm, then you are sterile and you can cease your contraceptive precautions.
- If you have any concerns please do not hesitate to contact Dr Tadj or Dr Smit at Pioneer Health on 98 422 822.