

## Post Vasectomy Instructions

- 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 call Pioneer Health on 9842 2822 or present to the Albany Hospital Emergency Department.
- 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.
- 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 9842 2822 or \_\_\_\_\_