



GREAT
SOUTHERN
SPECIALIST
CENTRE

VASECTOMY DISCHARGE INFORMATION

REMEMBER

- You will not be sterile immediately.
- Continue to use contraception until after your sperm check has been done and you have received the results.
- A follow-up sperm count should be performed at 3 months.

SEE BELOW FOR IMPORTANT INFORMATION

Prior to your Procedure

- Please ensure you have showered prior to your procedure.

Advice Following the Procedure

- **Wearing supportive underpants (not boxer shorts) day and night for the first few days will help reduce post-operative swelling, bruising and discomfort.**
- Due to the looseness of scrotal tissue, if bleeding occurs there is a risk of quite extensive bruising occurring. It is not serious and will settle down, but can be quite painful – please see your doctor for advice if you are concerned.
- Aching is to be expected for the first few days following the procedure. Take pain medication as directed. Avoid aspirin-type medications (e.g. Disprin/Solprin) as they may aggravate bruising.

Wound care

- Shower as normal, gently pat dry with clean towel and apply paraffin/Vaseline.
- Always wash hands before attending to wounds.
- Resume normal activities as you feel able.

When to seek medical advice

Contact your doctor or hospital if –

- You notice any redness, warmth, swelling or pus-like discharge.
- You develop a fever.

If you have had general anaesthetic or sedation the drugs used may still be in your system.

You **MUST** make sure you have a responsible adult to care for you at home after the procedure.

Until the following morning you should not:

- **Drive a vehicle, ride a bicycle or operate machinery**
- Make any important decisions.
- Sign legal documents
- Drink alcohol

Medical Certificate

If you require a medical certificate, please ensure this is requested on the day or prior to your procedure.

If you require further advice or experience problems such as severe pain or bleeding contact our rooms on 9841 3500. If after hours please contact your local hospital (Albany Hospital ph 9892 2222).

A POST-OP FOLLOW-UP APPOINTMENT HAS BEEN BOOKED AT:

Great Southern Specialist Centre, 55 Cockburn Rd, Albany, 98413500

Date: _____ **Time:** _____

Instructions for your Follow-Up Sperm Check

You have been given a specimen jar and a Pathology form. It is advisable that after approx 30 ejaculations a specimen is taken to your pathology provider for testing.

Your surgeon will notify you of the results, once these have been received. These results are usually available within 7-10 days.