



VASECTOMY – (DISCHARGE INSTRUCTIONS)

1. **You have undergone a "vasectomy procedure"** performed by Dr Kevin Le.
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received intravenous sedation, the effects of which will last several hours. These medicines can cause:
 - Confusion/poor concentration
 - Slower reaction time
 - Drowsiness/tiredness
 - Dizziness/feeling faint
 - Blurred or double vision
 - Muscle weakness
 - Anxiety and mood changes
 - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day.** DO NOT go anywhere else.

For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
 - Drink alcohol
 - Sign legal documents
 - Conduct business agreements
 - Exercise.
3. Rest much as possible for the first day or so, standing and walking for only brief periods at a time.
 4. Use an ice pack regularly for the first 3 or so days (frozen peas wrapped in a tea towel also works well) for 15-20 minutes at a time. Remember, you do not need to freeze the area, just keep it cooler over a long period, instead of very cold and uncomfortable.
 5. Keep the area dry for at least 48 hours.
 6. Wear 2 pairs of close fitting briefs or trunks during the day and night for 7 days. This will also help reduce pain and any swelling. Avoid swimming or bathing for the first week after your operation and do not use toiletries as they can irritate the area.
 7. Please see Dr Le in 2 weeks for a follow up review.

You may experience any of the following post-procedure, or you may experience none:

Pain: The local anaesthetic will wear off a few hours after the procedure and you may feel some discomfort or aching for a few days. You can take paracetamol. Avoid ibuprofen or aspirin for the first week as these can increase bleeding and bruising.

Swelling and bruising: Most men will experience some bruising and a little swelling around the testicles. You can relieve this by applying an ice pack, as above. A small pea-sized lump may develop at the procedure site internally on both sides. This is part of the normal healing process. Please do not squeeze the lumps, as you can inflame them and cause tenderness for weeks.

Bleeding: Some men may experience a small amount of bleeding from the area where the incision was made. You can stop the blood flow by pinching the skin edges of the wound together very firmly with your finger and thumb (wash your hands first), and holding it very tightly for five minutes. If you are at all concerned, please call us on 02 4455 5422.

(Affix Patient Label)

Name:

DOB:

MRN:

Other matters:

1. No sex or ejaculation for 7 days after the operation.
2. No swimming or baths in the first week. Have quick showers, in and out.
3. If your wound opens up to a diamond shaped opening do not be concerned, it will still heal but will now take 2 weeks to close. Keep as dry as possible.
4. You may get a small drop or two of blood in the ejaculate during the first 1-2 months post-op. This is normal and of no concern, unless it continues beyond 2 months or is very heavy (ejaculate becomes red).
5. You can have 1-2 alcoholic drinks per day but do not exceed this in the first 7 days.

When will my vasectomy be effective?

You will not be sterile straight away, as it takes a number of ejaculations to clear the tubes (vas deferens) of sperm completely. **You will need to use a different method of contraception until you get the all clear.**

When can I return to work and resume activities?:

1. If your work is light, eg. a desk job, you may return to work after a day or two.
2. If your work involves any kind of lifting, reaching, stretching, or other physical exertion you will need to request light duties for your first week of return. If this is not possible, you will need to take the week off work.
3. You should avoid any physically strenuous activities for a week after your procedure, including walking and standing all day, or carrying more than 10 to 15kg.
4. Avoid non-contact sport (golf, tennis, running, swimming, etc.) or carrying more than 20 to 30kg for 2 weeks after your procedure. Avoid road cycling for the first 3 weeks, although cycling on a stationary trainer bike is permissible after 2 weeks.
5. You cannot resume contact sport (i.e. rugby, soccer, martial arts), mountain biking or heavy weightlifting until 1 month after your procedure.

Sperm count:

Around 3 months after the vasectomy, you will need to have a sperm count done. **You should not stop using contraception until we have confirmed with you that your sperm count is zero.** Dr. Le will give you a Pathology Request form and you will need to book for the test in Nowra at Southern Pathology.

When collecting your semen sample:

1. Avoid ejaculation for 3 to 4 days before collecting the sample.
2. Collect the entire sample by masturbating directly into the container provided; do not use lubricants, interrupted intercourse or collection in a condom.

Please call 7 days after the test to get the result on 02 4455 5422.



(Affix Patient Label)

Name:

DOB:

MRN:

T 4455 5422

Patient Specific Instructions:

Signed: _____ Name: _____

POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:

If you have any problems after the procedure contact us, your local doctor or hospital. Please advise us of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

CONTACT: Dr Kevin Le – Phone 4455 5422 or Your Local Doctor or Hospital

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

EMERGENCY CALL 000 for an ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

FEEDBACK: At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on admin@southmedical.com.au or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.