

**NHS Forth Valley**

# **Post Operative Advice Following Vasectomy**

**Patient Information**

A decorative graphic at the bottom of the page consisting of two overlapping, stylized blue waves. The waves are light blue and have a soft, rounded appearance, creating a sense of movement and flow.

## Your operation

The small skin cuts have been closed with 1-2 stitches which will later dissolve. You do not need to get them removed.

The local anaesthetic used will wear off after a few hours. You may get some aching after this. Simple painkillers such as paracetamol are usually effective for this.

You should ensure you have been given the pot and form for your semen sample before leaving the hospital.

You should not drive home, or for the rest of that day. You should have someone to accompany you home and you should not travel by public transport.

## At home

Some swelling and bruising around your wound is quite common and will settle down in a few days. Wearing close fitting briefs or swimming trunks can help reduce this and ease any discomfort.

With most occupations you should be able to return to work the following day. If your work involves heavy lifting you may require more time off if this cannot be avoided. Sports should be avoided for two weeks.

You may resume intercourse with appropriate contraceptive precautions as soon as you are comfortable. You are advised to have intercourse as often as possible to ejaculate any remaining sperm before your semen test is done.

## Specimens

You should provide a semen specimen for analysis 12 weeks from the Monday after the operation. You will be given a pot and form for this before leaving the hospital after your operation.

The sample is best produced by masturbation, without using a condom. It should be as fresh as possible and be produced a maximum of two hours before delivery to the hospital.

Please bring samples to: Area 4, Outpatients Department, Forth Valley Royal Hospital between 0900 and 1000 on the Monday morning.

You should receive a letter to confirm you operation has been successful 2-3 weeks after you have submitted you sample. *Please do not presume you are sterile until you have received this confirmation.* You should continue to use alternative contraception until you have been advised it is safe to stop.

Occasionally sterility may not be confirmed on the first sample, and you may have to submit further specimens. If this is the case you will be sent further specimen pots with appropriate instructions.

Please note we are unable to give test results out over the telephone.

## Follow up

You will not routinely be seen back in the clinic. Your GP will be informed that you have had your operation.

If you do experience any problems relating to your operation please contact the Urology Department on 01324 567623 (Monday to Friday, 8.30am to 5.00pm). Outside these hours please contact NHS 24 on 111.

## Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: [FV-UHB.RTT@nhs.net](mailto:FV-UHB.RTT@nhs.net)

### If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email [FV-UHB.disabilitydepartment@nhs.net](mailto:FV-UHB.disabilitydepartment@nhs.net)**

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### SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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