

Important advice following your vasectomy

Information for patients

What to expect

Almost everyone will have some swelling and bruising after the operation. Resting, icepacks and snug fitting underwear can help to minimise this.

Bruising may be dark in colour and can appear away from the wound site. It may get worse over the first few days but should settle and self-resolve within a few weeks. There is a 1% risk of developing a haematoma – this is when bleeding collects and forms a lump. If the swelling/lump is very large, you should seek immediate medical attention.

If you notice rapid swelling of the scrotum, this could indicate active bleeding. If this is the case, please attend A&E.

Clear/blood-stained discharge may come from the wound for a few days – this is normal. Pressing on the wound gently for 5–10 minutes can help stop bleeding. If the wound continues to ooze after a few days or there is increasing redness and/or pain, there may be an infection. Please see your GP as this may need treated with antibiotics.

Blood in the urine and seminal fluid can occur for the first 1–2 weeks after the vasectomy. If this persists, please see your GP as it may be a sign of infection.

Care of the wound(s)

Keep the gauze covering the wound(s) in place with tight underwear. 24 hours after the operation, have a bath/shower, soak the gauze, and gently remove. Dry the skin gently.

Use good supporting underwear (Y-fronts or cycle shorts – **not** boxers) day and night for 2–3 days and then for 1–2 weeks during the day.

If you have stitches, these will dissolve in 2–3 weeks. If they do not dissolve, or become uncomfortable, the practice nurse at your GP practice may be able to remove them for you.

Pain relief

Take simple painkillers such as **paracetamol and ibuprofen** regularly for at least the first 48–72 hours and then use as needed.

Ice packs/frozen peas wrapped in a thin tea towel and held on the genital area can be helpful in preventing and reducing swelling. Do not apply directly to the skin.

Some people will have pain that lasts for months after the operation. Using regular anti-inflammatory medication (e.g. ibuprofen) and tight, supportive underwear can help until it settles.

Work/normal activity

Even if you feel well, it is important to rest for the first 24–48 hours. You need to be reclined as much as possible, e.g. lying on the sofa with your feet up. This prevents pressure on the scrotum and reduces the risk of bruising and swelling.

Most people can return to work within 2–3 days after their vasectomy. However, if you have a manual job or a job that includes climbing, lifting, working at height, operating heavy machinery, lots of driving (e.g. builder, roofer, delivery driver), we advise 2 weeks off work.

No exercise, heavy lifting, or strenuous activity for the first 2 weeks.

We advise against flying or long-distance travel for the 2 weeks after the operation.

Sex can be resumed after 1-2 weeks if it is comfortable to do so. **It is important to continue to use another form of contraception until we inform you that the procedure has been successful.**

If you have any concerns following your operation, please contact your GP practice for advice.