



INSTRUCTIONS FOR PATIENTS AFTER A VASECTOMY

1. The dressing over the wound is waterproof and you can bath or shower normally with the dressing in place. Leave the dressing on for 1-2 days after which it can be removed and you can leave the wound open, and wash over the area normally. The stitches are absorbable and will dissolve in about 2 weeks. Gentle traction on them at that time may help remove them.
2. Some discomfort after the procedure is normal, but should be easily controlled by the medication given to you on your discharge from Hospital. Wearing firm, supporting underwear for the first few days may be more comfortable than boxer shorts. The wound should heal progressively, but if there is any marked redness around the wound or any discharge of pus from the wound, then please contact me on **033 329 5710**.
3. Normal sexual activity can be resumed as soon as you are feeling comfortable, usually in 2- 3 days. Please remember that you are not immediately sterile after the operation, and need to continue to use other forms of contraception for 2-3 months. At that time, you should bring a semen specimen to Ampath Laboratories in the container provided. This will be checked microscopically to confirm that there are no sperm cells present. Only after this has been confirmed, can you be sure that you are sterile.