

Post-Operative Care After Vasectomy

1. Wound Care

- The dressing over your wound is waterproof. You may shower or bath normally with the dressing in place.
- On the day of surgery an ice pack may be used to help reduce swelling
- After 1–2 days, you can remove the dressing. From that point, the wound may be left open and gently washed with normal soap and water.
- Stitches used are absorbable and will dissolve naturally in about 2 weeks. If any stitches are still present at that time, gentle traction may help remove them.

2. Pain & Comfort

- Mild discomfort is normal in the first few days. This should be easily managed with the medication provided at discharge.
- Wearing firm, supportive underwear (rather than loose boxer shorts) may improve comfort and reduce movement around the wound.

3. Watch for Signs of Infection

The wound should heal steadily. However, please contact us on **044-0011103** if you notice:

- Significant redness or swelling around the wound
- Discharge of pus
- Increasing pain not controlled by medication

4. Resuming Sexual Activity

- You may resume sexual activity once you feel comfortable—typically after a few days.
- Important: You are not immediately sterile following a vasectomy. It takes time to clear sperm from the reproductive tract, on average about 30 ejaculations, regardless of the time period.

5. Confirming Sterility

To confirm the success of the procedure:

1. Continue using contraception for the next 2–3 months.
2. After this time, if you have had up to 30 ejaculations, you will need to provide a semen sample in the container provided. Take this to Ampath Laboratory. (Does not need to be fresh)
3. Your sample will be checked under a microscope for the presence of sperm.
4. We will notify you of the result via SMS within a few days.

5. Once the first sample is confirmed clear, please submit a second sample 4–6 weeks later.
6. Only after both samples are confirmed to be sperm-free can you rely on vasectomy for contraception.