

# **POSTOPERATIVE INSTRUCTIONS FOR YOUR VASECTOMY**

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After your vasectomy you should go home and rest for the rest of the day. Put your feet up. Apply ice (ice pack or frozen vegetables) to the top of the scrotum for ten to fifteen minutes each hour for the next 6 hours. Freezing from the anaesthetic will wear off over the next 2 hours.

I suggest taking ADVIL/IBUPROFEN/MOTRIN 800 MG. immediately after the procedure and then taking 400 mg every 4 hours as needed. You may require this medication for the next 1-2 days after surgery. If this medication does not provide you with effective pain relief I have also provided you with a prescription for a stronger pain killer which you may also use as prescribed.

**AVOID** strenuous activities over the next few days after your surgery. This will reduce your risk of developing complications. No lifting over 25 pounds for 5-7 days. You will feel more comfortable wearing snug fitting underwear or an athletic support for the next week.

You can shower within a few hours after the procedure to wash off the iodine used during the procedure or wait until the next morning.

The scrotal puncture will be sealed closed with special skin glue. This will waterproof the incision and no oozing should occur after surgery. Do not pick off the glue. It will take approximately 3-4 days to come off. Do not apply antibiotic ointment on the skin glue as this will cause it to come off quicker. If the glue falls off and the puncture site is still open cover it with a small bandaid for a few days and it will seal up without the risk of infection.

You may resume intercourse 3-4 days after surgery. Do not be alarmed if you notice blood in your ejaculate off and on for a few weeks after surgery. This is normal.

Expect to have some swelling, bruising and discomfort after your surgery. This is **NORMAL**. Bruising or black marks on the scrotum in the week following your vasectomy is expected and not dangerous.

If you are experiencing:

- severe pain not relieved by strong painkillers
- severe swelling of the scrotum (it looks like your scrotum has doubled in size)
- fever

please notify me. I can be reached by calling 519-601-8621



It is **IMPORTANT** to remember that you are still fertile immediately after the vasectomy and it takes approximately 20 ejaculations to clear remaining live sperm from the storage reservoirs. For this reason you and your partner will need to continue to use reliable birth control to prevent pregnancy until you are told that you are sterile.

Once you feel you have ejaculated at least 20 times or it has been 3 months since your surgery produce a semen sample by withdrawal during intercourse prior to ejaculation or by masturbation and catch it in the container provided.

Produce the sample on a weekday in the morning and within 2 hours take it to one of the laboratories listed in this pamphlet along with the supplied lab requisition. For labs outside of London refer to my website [vasectomylondon.ca](http://vasectomylondon.ca). I will receive the results from the lab within a few days and my office will notify you of the results. Please call my office if you haven't been notified of your results in 2 weeks. Once you are sterile you and your partner may discontinue using birth control. At this time you have a risk of approximately 1 chance in a 1000 of the operation reversing itself spontaneously and regaining your fertility. This risk is highest in the first few months after your vasectomy.

If you are interested in repeating your spermanalysis I suggest doing this 3 to 6 months after your first sample. Use the additional supplied container and take the sample to the same lab which performed your first test.

If your sample does not indicate that you are sterile you may use the second supplied container for your next sample. I will instruct you as to when to produce the next semen sample. The lab requisition you used initially will be kept on file at the lab for six months and you do not need another form.

I have not arranged a follow-up visit with you but I am willing to see you again at any time if you are experiencing problems related to your vasectomy. If I am unavailable and you feel your situation is urgent first try contacting your own family physician or attending your nearest emergency department or urgent care clinic.

## **LABORATORIES**

### **LIFE LABS**

746 BASELINE RD. E.  
LONDON  
MON.- FRI. 7 AM - 3 PM

### **GAMMA-DYNACARE**

230 VICTORIA ST. AT RICHMOND  
ADVANCED MEDICAL BUILDING  
LONDON  
MON - FRI 8 AM - 4 PM

### **LIFELABS ST. THOMAS**

ELGIN MALL  
417 WELLINGTON ST. UNIT 55  
ST. THOMAS MON- FRI 7:30 AM - 3:30 PM



## **INSTRUCTIONS TO FOLLOW BEFORE AND AFTER** **VASECTOMY**

***Please read these instructions carefully. You should discuss any concerns about the vasectomy with Dr Vladars. Remember, vasectomy should be thought of as a permanent procedure.***

### **Before vasectomy:**

- Shower the morning before your vasectomy.
- Wear snug fitting underwear as this will provide scrotal support
- If you are very anxious prior to medical procedures Dr. Vladars will discuss giving you a mild sedative to take prior to the vasectomy
- You will need someone to drive you both to and from the office for your surgery if you are given a sedative medication before surgery
- Do not forget to shave scrotal hair prior to surgery as per your doctor's instructions
- Please make the doctor aware if you get 'faint' with medical procedures
- For safety reasons it is strongly recommended that everyone have someone accompany them to the office on the day of their surgery

### **After vasectomy:**

- The incision is normally closed with surgical glue. There should not be any oozing from the incision. Do not apply any ointment on top of the glue as this will cause it to dissolve prematurely.
- Keep an ice pack on your scrotum for 10-15 minutes every hour for at least 6 hours after surgery.
- Stay off your feet as much as possible the first day to reduce swelling
- Wear snug fitting underwear for a few days as it will be more comfortable
- Limit your activities during the first two days, because this will help reduce swelling, discomfort and bleeding. (No heavy lifting or exertional activities for one week)
- **Call Dr Vladars** if you notice painful swelling on either side of the scrotum.
- **Call Dr Vladars** if your pain is not relieved by pain medication.
- You may take showers at any time within a few hours after surgery.
- You may start having sex again after 3-4 days but use birth control until the doctor tells you that you are sterile.
- Talk to your doctor about when you should go back to work if you have a job that requires manual labor (heavy lifting and exertion).
- Most men are able to return to work two days after a vasectomy.
- Avoid strenuous activities for five to seven days after the vasectomy.
- **Bring a semen sample** to a lab when your doctor tells you to, so it can be checked for sperm. This is normally done after 20 ejaculations or 3 months after surgery. The sample will be looked at under a microscope and you will be told about the results once the test results are returned to the doctor.

**FURTHER INFORMATION ABOUT NO SCALPEL VASECTOMY**  
**MAY BE OBTAINED FROM DR. VLADARS WEBSITE AT:**

**[www.vasectomylondon.ca](http://www.vasectomylondon.ca)**

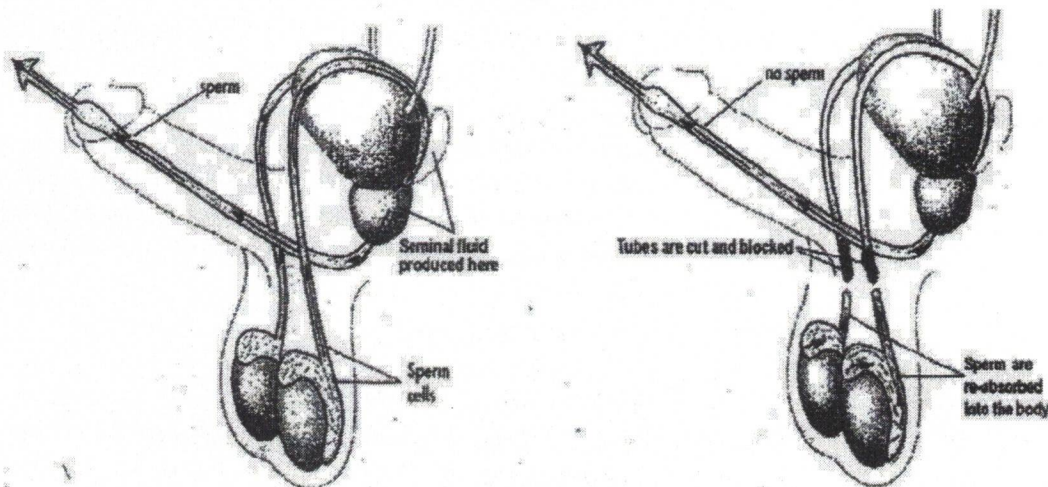


## What is a Vasectomy?

A vasectomy is a minor operation that makes a man permanently sterile (unable to make a woman pregnant). The doctor cuts and blocks two tiny tubes (vas deferens) in the scrotum. After the tubes are cut, sperm produced in the testicles (testes) can no longer travel through these tubes to mix with semen (see drawing)

## How is a vasectomy done?

A vasectomy can be performed in your doctor's office. Before the surgery, local anaesthetic will be used to make your scrotum numb. Your doctor will then make a small puncture opening in the front of the scrotum. Through this small opening, your doctor lifts out each vas deferens and cuts out a small section. The flow of sperm is stopped by sealing the loose ends of the tubes by cauterization. The procedure usually takes 30 minutes and causes little pain. After the vasectomy, you should rest and limit your activities for 48 hours. Most men can return to work on the third day, except if your job involves heavy exertion. You will have a very small scar on the scrotum, which will be nearly invisible when it is healed.



## Are there any risks to the operation?

Vasectomy has some risks. However, most men have no problems and most of the problems that may occur are not serious and can be treated. Expect the following: mild swelling and bruising of the scrotum and mild discomfort in the scrotum. Less common complications include infection and blood clot (hematoma) in the scrotum.

## Will I be sterile right after the vasectomy?

No. You won't be sterile right away. It takes approximately 20 ejaculations after the vasectomy to empty storage sacs for sperm. Wait until your doctor tells you that your semen is free of sperm. You must continue to use reliable birth control until that time.

## Will a vasectomy change my sexual ability?

No. A vasectomy won't change your sexual ability or pleasure. Some men report a better sex life because they don't have to worry about an unwanted pregnancy. Vasectomy does not affect erections or your ability to ejaculate. There is also no effect on your ability to urinate. You may notice blood in the ejaculate with the first few ejaculations after surgery.