

## **BEFORE YOUR PROCEDURE**

- ❑ Bring tight underwear (briefs but not boxer shorts) for the procedure. If you don't have any, buy a couple of pairs, it will be a good investment for your recovery.
- ❑ No aspirin for 7 days and no fish oil or anti-inflammatory medications for 3 days before the procedure. If it is medically necessary for you to be on these medications or other blood thinners, please contact us to discuss with Dr Ranaweera before booking.
- ❑ Fill in the patient registration form.
- ❑ Read and sign consent form. If you have any questions or feel like you need more information, feel free to call, email or book in for face-to-face discussion.

## **THE PROCEDURE**

- Arrive 10-15 minutes before the operation.
- The procedure itself takes around 10-20 minutes.
- Your partner may come into the procedure room if you wish

## **AFTER YOUR PROCEDURE**

- You can drive yourself home following the procedure
- Plan to spend a quiet evening at home lying down and minimise activity.
- Have a shower the next morning.
- There are no stitches. Instead a gauze pad is left to cover the wound which is held in place by your underwear. The gauze can be replaced after showering.
- A follow-up visit is not usually required.

## **PAIN RELIEF**

- Often men are surprised at how little pain they have after vasectomy.
- Tight underwear will provide scrotal support to assist with pain relief. Wear it whenever you are up and around for the next two days for the next seven days.
- Paracetamol (e.g. Panadol or generic brand) or ibuprofen (e.g. Nurofen or Advil) should suffice if you have any discomfort. Avoid aspirin for two days after the vasectomy.
- No need for ice packs.

## **WORK AND ACTIVITY**

- Men in sedentary roles (driving, office work) can return to work the following day. Men in more strenuous jobs may require 48 hours of recovery.
- More vigorous activities can be done if you are relatively comfortable and you wear tight underwear.
- Sexual intercourse can resume after 48 hours if you are reasonably comfortable. Remember too use another form of contraception until you are cleared.