



## Dr Mark Romero

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### Post-operative instructions for vasectomy

After your vasectomy, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the surgery. Below are some post-operative notes, please familiarise yourself with them.

#### **Diet:**

No special restrictions. Everything in moderation.

#### **Pain relief:**

The discomfort after this operation varies but is usually mild. Regular Panadol and Nurofen should suffice (you may need nothing at all). Ice packs and supportive underwear ("Y-fronts") can help.

#### **Wound care:**

Keep your wounds dry for 48 hours. A special protective spray has been applied. After this, shower and dry the area gently. Supportive underwear ("Y-fronts") may give some comfort. You may feel small swellings at the operative sites at either side of the scrotum. This is normal.

#### **Activities:**

Please move about as much as you can within the limits of your comfort. Before having unprotected sex you must have two negative sperm counts at 6 and 12 weeks post operatively. You will be provided with forms at follow up.

#### **Expected healing process:**

The wounds are usually completely healed by 3-4 weeks.

#### **Return to work:**

You can return to work as soon as you feel able to.

#### **Things you should tell your GP or me about:**

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.
- Significant scrotal swelling or bleeding from the wounds needs urgent attention.

**Follow up:**

Your usual follow up with me will be around 3 to 4 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery and I can assess your healing and give you the forms you require for post vasectomy semen analysis.

All the best,

A handwritten signature in black ink, appearing to read "Mark Romero". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Dr Mark Romero