



VASECTOMY

Patient Information



PRE-OP VASECTOMY INFORMATION

You need to completely shave the front of the scrotum across to the sides of the groin and up the underside of the penis.

Alternatively, you can use depilatory cream (please test patch this cream before using as some people may be sensitive to it) it is not necessary to shave the pubic hair above the penis. The entry is made on the mid-line of the scrotum, just under the penis.

Bring supportive underwear after the operation.

Rest for at least 24 hours. No shower for 24 hours. Remove the dressing during the first shower. Wear supportive underpants (or a pair of speedos) until free of discomfort.

Take all the antibiotics to prevent infection.

You can start sexual activity when you feel able (usually about 1 week) but wait until you are completely discomfort free.

Note: You must use alternative contraception until there is a zero sperm count

Do the first sperm count after 20-25 ejaculates and 6 weeks post-op.

If the count is zero you can stop contraception if you wish, though you must send a second sample to the lab 4 months after the operation, which is the end of the healing phase, for final confirmation. You cannot be absolutely considered safe until the test 4 months post op is zero.

If the first count is not zero, please continue contraception, do another count after 10-15 more ejaculates. You should have a zero count 4 months post-op to be considered safe.