

Patient Information Sheet – Vasectomy

Following your procedure, it is normal to have:

- Some dull aching in the scrotum, worse with movement
- Some spotting of blood in your underwear

In most cases this improves with time. It is important to:

- Avoid any heavy lifting or straining movements, especially for the first two weeks
- Wear tight underwear (or even two pairs with a pad)
- Avoid sexual intercourse or masturbation for at least 3 weeks
- Use contraception until specifically cleared by Dr Handmer

However, if you are experiencing:

- Significant scrotal swelling (usually bruising that follows straining or lifting)
- Fevers and shakes
- Or are seriously concerned for any other reason

Then you may need to be assessed and treated urgently. Dr Handmer suggests that in an emergency (particularly if you are unable to pass urine, or if you have a fever) that you attend the Emergency Department for assessment and treatment, or call 000 for an ambulance. Dr Handmer provides urgent advice and admits emergency Urology patients at both John Hunter Emergency and Lake Macquarie Private Emergency Departments. For less urgent complaints, your General Practitioner may be able to assist. Most days of the week Dr Handmer is operating, and therefore we usually cannot provide urgent care or medical advice through the office.

Follow up plans:

- In most cases, Dr Handmer will discuss your anticipated follow-up prior to your operation. This is because the drugs used for anaesthesia impair your ability to retain and process information on the day of surgery, therefore usually Dr Handmer will not explain the findings of your procedure and future plans in detail on the day of surgery.
- You are welcome to contact the office to arrange your follow-up any time from the day after surgery. If we have not heard from you, we routinely contact you within four days of your procedure to arrange follow-up.
- In most cases, we will recommend a semen analysis at least 2 months / 20 ejaculations post surgery, with a review with the same. If you were not given a semen analysis form from the hospital, please contact the office and we will send you one.