

SunMed Skin & Medical | Vasectomy Aftercare Instructions

Upon returning home from the clinic, it is essential to follow these aftercare instructions to ensure a smooth recovery from your vasectomy:

Cold Pack Regime:

- Begin a cold pack regimen by applying cold packs to the scrotum for 15 minutes every hour on the first day following your procedure until bedtime. Cold packs provide effective pain relief; however, be sure to wrap the cold pack in a cloth before placing it on the skin.

Supportive Underwear:

- Wear a double layer of underwear for the first 3 days post-procedure to provide additional support, minimizing discomfort, and reducing swelling associated with vasectomy.

Rest and Activity:

- Rest on the first day post-procedure. On days 2 and 3, you can move about but should avoid heavy lifting or overexertion. By day 4, you should experience improved comfort and can engage in more activities.

Pain Relief:

- Use Panadol or Panadeine for pain relief if necessary.

Avoid Alcohol:

- Alcohol can contribute to swelling by causing blood vessel dilation. It is advisable to avoid alcohol for 24 hours after the procedure.

Showering:

- Avoid showering on the first day post-op. You may resume showering from day two onwards.

Follow-Up Appointment:

- Schedule a follow-up appointment for suture removal 5 days after your procedure.

Contraception Post-Operatively:

- Use contraception until receiving a 3-month post-vasectomy semen analysis and clearance from the surgery. You will be provided with a list of recommendations on the day of the procedure, along with a pathology request form, container, and instructions for the 3-month



post-vasectomy test. The surgery will send you a reminder when the test is due, along with notification of the test result.

Note: If you experience any unusual symptoms, persistent pain, or concerns during your recovery, please contact the clinic promptly for guidance.

Your adherence to these aftercare instructions is crucial for a successful recovery. If you have any questions or need further clarification, do not hesitate to reach out to our clinic.

