

PREPARING FOR YOUR VASECTOMY



Your appointment will require:

- 15-30 minute consultation, after pre-consult video viewed from patient portal
- 25-30 minutes procedure
- 15-20 minutes recovery



PRE-OPERATIVE

- 1** If you are having your vasectomy at Miami Private Hospital under general anaesthetic, please remain nil by mouth (includes all food and fluids) for 6 hours prior to the procedure and arrange a carer to collect you from the hospital post-surgery and stay with you for the first 24 hours. If you are having your vasectomy as an outpatient in our clinic, please don't fast.
- 2** Stop ALL vitamin supplements 14 days prior to the procedure, if possible. This includes vitamin E, multi vitamins, fish oil, garlic, ginko biloba and ginger.
- 3** Avoid taking aspirin or anti-inflammatory tablets (voltaren or nurofen) 7 days before the procedure - discuss this with your GP or Doctor if you are required to take these regularly.
- 4** SHAVE all hair off the front groin area – all of scrotum & one handbreadth above penis – (refer diagram to the left).
 - Use scissors or clippers first then use a razor.
- 5** 1 hour before your appointment take 2 paracetamol/panadol tablets with a sip of water. Have more available for after the procedure.
- 6** Shower just before leaving home and ensure that your bladder is empty before going into your procedure appointment.
- 7** Wear 2 pairs of firm fitting cotton underpants (jockeys) under loose clothes and easy to slip on and off footwear to your procedure. No boxer shorts.
- 8** Signatures are required for your informed consent.

Call during office hours: **1800 FOR MEN** (1800 367 636)

Emergencies Only: Dr. Chris Lekich directly - 0412 584 231

IF YOUR DOCTOR CANNOT BE CONTACTED PLEASE CALL OR VISIT YOUR LOCAL HOSPITAL EMERGENCY DEPARTMENT.



METROCENTRE
VASECTOMY AND VASECTOMY REVERSAL

POST-OPERATIVE

- 1 DRIVING:** If you wish to drive on the day of your vasectomy you can only have a local anaesthetic. If you have additional sedating drugs, or you're having your vasectomy at Miami Private Hospital, you cannot drive for 24 hours following your procedure.
- 2 MOVEMENT:** Lie or sit for the first 4-24 hours. Rest for at least 24 hours.
 - Avoid the risk of fainting by getting up slowly and sit, rather than stand at the toilet
 - No heavy lifting, climbing, swimming, cycling or exercise for 7-10 days.
- 3 ICE PACKS:** Ice the area intermittently for the first 12-24 hours after the procedure, using a cold pack that consist of a bag of frozen peas or a soft gel ice pack.
 - Keep two pairs of jockey underpants on and place the cold pack between them
 - A cold pack will be provided after the procedure
 - Have bags of peas or soft gel ice packs in your freezer at home
 - Wrap the cold pack in a tea towel to avoid frostbite
 - Change cold packs regularly as they thaw out
 - Keep a cold pack on overnight – no need to wake up and change the pack through the night
 - Remove cold pack in the morning
 - Wear firm fitting cotton underwear day and night for 7-10 days.
- 4 PAIN RELIEF:** Use Panadol (paracetamol) or Panadeine.
 - Use Nurofen or Voltaren Rapid if further pain relief is required, especially for the dull ache that may occur 1-2 weeks post procedure.
- 5 DRESSING:** Do not shower until the following day after your procedure. Do not bathe while the dressing is in place
 - Shower using mild soap on the area
 - The dressing is to be removed 5 days after the procedure – in the morning before your shower
If it falls off earlier this is not a concern. Apply some antiseptic and a band aid
 - Expect a small open wound, which will heal and is not a concern
 - **Immediately notify Dr Lekich on 0412 584 231 if the wound is:**
 - » **Gaping open**
 - » **Discharging or evidence of pus**
 - » **Inflamed or red**
 - » **Sudden increase in pain or swelling**
 - » **If you experience pain on urinating or blood in the urine.**
- 6 SEX & SPERM TEST:** No sex for the first 5 days. After that PROTECTED sex only.
 - After the dressing is removed, have as much PROTECTED sex as possible until you have done your 12 week sperm test and have received final clearance from us
 - You will need to do a sperm test 12 weeks after the procedure
 - There needs to be not more than 1 hour between when you do the test to when it is analysed in the lab
 - Contact the lab closest to you on the back of the request slip a few days prior to organise the test
 - There is an out of pocket cost for this test, depending on your pathology provider
 - We generally receive test results around 7-10 days later and we will notify you of these results.
- 7 CONTRACEPTION:** Use contraception until notified that your test result is clear.
- 8 KEEP US UPDATED:** Text your doctor after you have removed your dressing and advise that you are happy with your progress ☺ If you have any minor concerns or questions feel free to text your doctor directly.



**REMEMBER:
REST, ICE,
SUPPORT &
COMMON
SENSE**

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