



Day Surgery

Patient Advice Following a Vasectomy

A vasectomy involves cutting the two tubes (vas deferens) that carry sperm from your testicles to your penis.

Pain

The surrounding area is normally numbed with local anaesthetic. The numbness usually wears off within four to eight hours. You may experience some discomfort at this time. You should take some pain relief as necessary. Follow the instructions on the packet and do not exceed the recommended daily dose.

Wound/Stitches

It is advisable to keep the wound clean and dry for the first hours, to promote healing and to minimise the risk of infection. The wound should be kept covered, if applicable, until healed. Appropriate dressings will be given to you as necessary.

Observe the wound for signs of inflammation, swelling, redness or discharge. If you have any concerns, please contact your GP for advice.

After hours, you can wash or shower as usual but avoid soaking the wound in water for long periods. To minimise the risk of irritation to the wound, avoid the use of strong-scented soaps and talcum powder. The area must also be dried gently but thoroughly.

The wound will be closed with stitches that do not need to be removed. They will dissolve within the next 10-21 days.

Sex and Contraception

This should not affect your sex drive or ability to enjoy sex. You will still have erections and produce the same amount of fluid when you ejaculate. The only difference is that the fluid will not contain sperm. Your body will still produce sperm, but they cannot travel out through your penis and are naturally reabsorbed by your body.

However, it is very important that you use another form of contraception until the live sperm that remain in the tubes have gone. You will need to provide semen tests to ensure that your tubes are clear of sperm. The first semen sample will be due on

When tests show that your semen is clear of sperm, you will no longer need to use other methods of contraception.

It is important to note that a vasectomy does not protect you from getting sexually transmitted diseases. 'Safer sex' methods should always involve using a condom.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to:

Your GP or out of hours GP	
NHS Direct	111
Dorchester Day Surgery Unit	01305 254501 (on day of surgery only)
Weymouth Day Surgery Unit	01305 762664 (on day of surgery only)

About this leaflet:

Author:	Laura Gower, Staff Nurse
Written:	March 2014
Updated & Approved:	November 2020
Review Date:	November 2023
Edition:	v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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