

If you have been given anesthesia or sedation

- ❖ Do not drive or operate machinery for 24 hours.
- ❖ Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- ❖ Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- ❖ Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- ❖ **You must have a responsible adult stay with you tonight.**

Go to an Emergency Department if any of the following occurs:

- ❖ Persistent nausea or vomiting not relieved by over-the-counter medications
- ❖ Persistent pain not relieved by prescribed medications
- ❖ Redness, swelling or drainage of pus from incision
- ❖ Bleeding from incision
- ❖ Fever and/or chills (38°C or 100°F)
- ❖ You are unable to pass urine

Follow-Up

Make an appointment to see Dr. _____

in _____ Phone Number _____

If you have any questions, please do not hesitate to call your doctor.

Special Instructions: _____

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE
INSTRUCTIONS
FOR VASECTOMY**



Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH.

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Diet

- ❖ Unless otherwise instructed, you may resume your usual diet today.
- ❖ If you feel nauseated, stay on clear fluids until the feeling passes.

Activity

- ❖ Be aware that nausea and dizziness are not unusual for several hours after anesthetic.
- ❖ Restrict your activity and rest for 2 days unless otherwise instructed.
- ❖ Wear snug fitting underwear for added support.
- ❖ Avoid heavy lifting (greater than 10 pounds) or any strenuous exercise for 7 days.

Showering/Bathing

- ❖ Keep incision dry and clean. You may **sponge bath only** for three to four days post-op. Pat the incision dry.

Stitches

- ❖ Your stitches will dissolve.
- ❖ It is normal to have slight bruising around the incision and some pain in the sac. The pain may go up into the groin.

Voiding

- ❖ A vasectomy does not affect your ability to urinate.

Medication and Pain Control

- ❖ Apply an ice pack to the scrotum for 20 minutes **every 2 hours** for the first 24 hours. Lie down when applying the ice pack and elevate the scrotum on a folded towel.
- ❖ You may use Extra Strength Tylenol every four hours as needed.

Continued...

- ❖ Your surgeon may give you a prescription for stronger pain medication. Only take as directed.
- ❖ Resume the medications you normally take except blood thinners Example: Warfarin, ASA, antiplatelet medications. Avoid medications containing ASA {Aspirin}.
- ❖ You may resume your prescribed blood thinners 48 hours after your procedure if there is no bleeding or excessive swelling.

Sexual Activity

- ❖ You may resume sexual intercourse when you feel ready.
- ❖ Birth control measures will be required until you have been notified that your semen is clear of sperm. You may need further testing every 12 weeks if sperm is still present.

Post Vasectomy Semen Analysis

- ❖ Remember, you are not considered sterile until the follow up sperm counts are done and show no sperm.
- ❖ It is absolutely essential that you bring a sample of your semen in the provided bottle 12 weeks after surgery.
- ❖ You must call and schedule your specimen drop-off appointment at 1-877-849-3637; after at least 12 ejaculations and 8-16 weeks post vasectomy.
- ❖ Follow the semen collection instructions provided by Life Labs. (The O.R. staff will provide you with two sterile containers for the specimen)