



Thames Valley Vasectomy Services

No-Scalpel Vasectomy - The Safe Keyhole Method

After your No-Scalpel Vasectomy

1. Please rest during the first 48 hours after the procedure, doing as little as possible.
2. Please take it easy for at least 7 days avoiding heavy lifting and rushing about.
3. An icepack applied repeatedly for 20 minutes at a time during the first 24 hours can reduce bleeding, bruising and discomfort in the further healing process.
4. Keep the plaster on the small wound for 48 hours and keep the area DRY. This will help to prevent infection entering. Do not remove the plaster unless it comes off by itself / after 5 days.
5. Please do not shower or bath for 48hrs and avoid bathing until the wound is clearly closing from behind (white or pink coloured tissue seen).
6. Please do not make love for at least 7 days to allow healing to take place.
7. Please note, that some men get a little blood in their ejaculations following a vasectomy, which should settle in time.
8. A little gaping of the wound and the discharge of some clear wound fluid is normal in some patients. If this happens, the wound will heal from behind. This may sometimes take several weeks. Please keep the wound covered with a dry dressing / plaster while it is healing.
9. Some pain and bruising is normal. Paracetamol should help but if you are worried in any way please go to www.vasectomy.me.uk/aftercare. **If you still have questions, contact us Tel. 0845 22 55 77 55.**
10. Remember to use other contraception until you have had a completely negative sperm count and a letter stating you are sterile. You need at least 30 ejaculations before you provide the first (and hopefully only) sample after a minimum of 16 weeks. **Remember to put a DATE on your sample form and bottle!**

Instruction for collection of sperm specimens

To understand our semen sampling procedure please refer to the easy step by step guide included in this pack "from vasectomy to sterility".

To obtain a fresh sperm sample, please ejaculate into the container provided no less than 16 weeks post procedure and after no less than 30 ejaculations. Please put the container into the jiffy bag you have been given within our discharge pack. **You must date and time the sample, otherwise the lab will discard it!** Post first class or registered next day delivery (if higher certainty of delivery is required) so the pack arrives between Monday and Friday (ie; post sample between Sunday and Thursday).

We will write to you about your results. Unfortunately we cannot under any circumstances give the results out over the telephone and we appreciate your co-operation in this matter.

Dr Martin Kittel
Thames Valley Vasectomy Services