

ST THOMAS VASECTOMY CLINIC
St Thomas Health Centre
Exeter EX4 1HJ
Tel: 01392 676635 (weekdays 8.15am-16.45pm)
Tel: 111 (urgent advice out-of-hours)

After the operation

- Sit down and take regular pain relief for the day.
- Take it easy for at least 3 days by avoiding heavy lifting and rushing about.
- You can shower but avoid bathing for 5 days.
- Take the waterproof dressing off in 3 days. Don't worry if the wound appears to gape a little- this is quite normal, and it takes about 10 days for it to heal over.
- Expect some pain and bruising and take paracetamol if needed. If you are concerned please ring us on the number shown above.
- Make love only when you feel comfortable. For most men this is at least 7 days after your vasectomy.

Remember to use other contraception until you have had a negative sperm count and a letter stating that you are sterile

Sperm counts

- Please put the sperm count kit in a safe place. You will not need it for about 12 weeks. This gives time for approximately 20 ejaculations to clear your system.
- We will text you in approximately 10 weeks and give you all the instructions you need to provide your sample.
- If your local hospital is the Royal Devon and Exeter (RD&E), you can drop your specimen off at your own GP.
- If you live some distance away and your local hospital is not the Royal Devon and Exeter Hospital, we will provide you with a labelled postal kit to send your specimen direct to the RD&E.