

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
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Mr Adrian P. Aitken

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER A VASECTOMY

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the wound clean & dry for 3 days, no showering. You can undertake general daily hygiene measures using a flannel. This is to prevent infection in the wound.

If bleeding occurs lie down & wipe the wound with sterile gauze or a wad of clean Kleenex tissues, the bleeding will stop.

Take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should taper off within 5-7 days.

Minor bruising can result but if swelling or pain ensues you need to be seen earlier than the review appointment.

Wear supportive jockette style underwear. Splash out & buy yourself a new firm fitting pair slightly smaller than you normally would if you haven't already done so.

No vigorous activity such as gym or training.

No swimming, saunas or spas because you will cause a wound infection.

No sexual intercourse for two weeks.

You will need a semen analysis post-vasectomy & until a negative semen analysis is returned you will need to take contraceptive measures when you resume sexual intercourse.

You are not sterile until you have a negative semen analysis result .

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT & EMERGENCY AT A PUBLIC HOSPITAL**