

## **AFTER THE OPERATION**

Wear supportive underwear

Take simple painkillers such as paracetamol or ibuprofen. You may wish to use an ice pack for short periods of time so long as you do not apply ice directly to the skin.

Rest for 48 hours. You can then gradually increase your activity over the next 10 days. Avoid sporting activity and heavy lifting for 1-2 weeks. You can return to work as soon as you feel able, according to the discomfort and the type of activity required for your work. You can resume sexual activity as soon as you wish, **but use additional contraception until you have a clear result for your semen (sperm) test.**

Expect that the small scrotal wound may appear to gape and may discharge small amounts of clear watery fluid prior to satisfactorily healing. If your wound keeps oozing enough to stick to underwear, it may be worth applying a hydrocolloid dressing every 3 days (available from pharmacies) which can help the healing process and protect the wound from trauma. Do not wet the wound for 1 day and do not soak for 2 weeks (take showers not baths and do not swim during this time).

If you feel there is excessive swelling, pain or redness of the scrotum or if there is a thick pus discharge from the wound, you should see your GP. Please also be sure to report any complications of your operation when filling in your satisfaction questionnaire (which will be sent to you in the post). This is very important so that surgical complications can be audited.

If you have severe swelling or bruising in the first few hours after the operation, please contact Dr Acorn

## **PROVIDING A SAMPLE**

**You should not rely upon this procedure as a method of contraception until you have provided a suitable semen sample for laboratory analysis and received an all clear result.** (in 85% of cases all clear is attained with just one sample!)

It is best to wait until about 16 weeks and to have ejaculated at least 25 times after the operation before providing the sample.

The sample should be collected after 3 days of abstinence.

It is more accurate to test a freshly produced sample and for that reason the lab has changed the arrangements for providing a sample. You will need to produce your sample on-site at Baddow Hospital, West Hanningfield Road, Great Baddow CM2 8HN where they have a private, comfortable room specifically for this purpose. You should **make your appointment by phoning 01245 241231** in advance of the specimen date we have given you.

You should receive a letter within 2 weeks notifying you of your result.

**Remember you may still be fertile for some time after the operation and you should assume that you can still father children until you receive the 'all clear' following your semen test.**