

### Ken McGurk Vasectomy Services Aftercare Instructions

Day 0 – procedure day – go home and lie down – certainly don't do anything strenuous at all – by now you should have on your 2 sets of tight underwear with a ball of socks down there pressing on the operative area – the anaesthetic may still be working but as soon as it wears off do take some simple pain meds like Paracetamol and keep them up regularly 4hrly as pain demands

Day 1 – post op day – ideally you'll have a very chilled day not doing much at all – if your partner needs a hand you can do light stuff only – by now things may hurt a bit more – this is normal – keep taking the meds and of course keep the tight undies and ball of socks on – I would recommend that you gently clean the area today but do not shoot pressure water straight onto the area

Day 2 – by today you can get up and do light things – keep the scrotum supported with the undies and socks – if you have had your procedure on a Friday today is Sunday and you may be back to work tomorrow – if you happen to be working today please take it very lightly and don't ruffle the area much at all, other than walking and gentle labour only – cleaning wise you can let shower water run down over the area

Day 3-5 – suitable for normal office level duty, so really no heavy lifting at all is recommended – still keep on the 2 undies but you may be able to get rid of the socks – if there is bruising of the scrotum this is normal – the openings of the scrotum may be slightly red but should be healing – if they are sore or very red please make contact with Ken – you can shower as usual now

Days 6-7 – you can undertake moderate activity with a few precautions – so this is most jobs except the most heavy – hopefully the pain has settled right down now – if not can let Ken know if you are concerned

Day 8 and beyond – if you feel well you can do almost everything you would usually – I wouldn't be lifting heavy weights at the gym – or at work – also probably contact sports are not yet ideal – if you feel ready to and want to, you can resume sexual activity

### Bullet Pointed Instructions

- no ejaculation for first 7 days post procedure
- thereafter minimum 20 ejaculations in the 12w following the procedure
- semen analysis at 12 weeks – Ken should have given you the collection cup – the collection points are Awanui Labs on the ground floor of the hospital and at the centre on Filleul Street (next to Urgent Doctors) – has to be delivered within 2hrs of ejaculation – Ken will notify you of the results
- if you do not do the semen analysis part I cannot confirm that the procedure has been a success – as discussed when we consented there is a 1% chance that the procedure does not succeed from the start (“Early Failure” rate)
- please continue to use additional contraceptive care for the whole 12 week period following the procedure (or longer, as advised by Ken) until the semen analysis confirms there are no sperm in the sample – if this is confirmed the procedure has been a success! If not yet confirmed we will repeat the sample after a further 4-6 weeks. Keep ejaculating!

**Ken's cellphone number is 0211780847**