



**Gentle
Procedures
Clinic**

Exceptional Care. Delivered Gently.

Vasectomy Aftercare Guide



Thank you for choosing Gentle Procedures for your vasectomy. You may feel some tenderness, swelling, or mild discomfort for a few days following your procedure, which is normal. Most men see steady improvement each week and recover without complications. This guide explains normal healing, wound care, returning to work, sport, and sexual activity, and when to contact us for advice.

What happens in the first 24 hours?

- Go straight home and rest for the remainder of the day and evening; minimise all activity as your body starts healing from the tiny puncture and anaesthetic wears off slowly.
- Apply ice packs to the scrotum for 20 minutes on, then 20 minutes off while awake; wrap ice in a cloth to avoid skin damage and use tight briefs or scrotal support continuously to limit swelling and movement.
- Take paracetamol (2 extra-strength tablets every 6 hours as needed); mild to moderate ache, like being kicked in the testicles, is common but should respond well to rest and simple pain relief.
- Expect small spotting or oozing that stains gauze or underwear up to pea size; steady dripping or large clots mean you should call the clinic immediately for advice.
- Avoid driving, work, stairs, bending or lifting; very short walks around the house are permissible, but stay mostly lying or sitting with feet elevated to help drainage and comfort.

How do you care for the wound for the first two weeks?

- Shower from day 2 using plastic wrap or waterproof cover to protect the puncture site; keep direct water pressure away and pat dry gently afterwards – normal full showers start around day 7, baths from day 8 onwards.
- Strictly no baths, hot tubs, Jacuzzis or swimming pools for at least 7 days to prevent infection or delayed healing in the moist environment.
- Switch to ibuprofen 400mg every 6-8 hours starting day 3 (continue 5-14 days as needed, even if feeling better) to reduce inflammation and swelling effectively alongside paracetamol.
- Skin glue or closure naturally flakes off over 1-3 days; keep the area clean and dry with gentle soap/water if needed, no ointments unless advised, and monitor for any signs of separation.

What your healing will look like

Day 1

Puncture site: small red dot, bandage/support on, scrotum tender/swollen mildly, some bruising starts at base, oozing minimal.

Day 3

Bruising blue-black peaks, swelling max around tubes/testicles, puncture red with yellow healing tissue, ache noticeable standing/walking.

Day 7

Swelling significantly reduced, bruising fades to yellow-green, pea-sized lumps (granulomas) visible if present, puncture site almost closed, comfort returns for light activity.

How we support your recovery

Day 1

Go home instructions, out-of-hours doctor contact, rest plan.

Day 2

Bandage check, you can resume modified showers as advised.

Week 12

Semen test by mail, results delivered.

Signs healing is on track

- Ache steadily improves day by day, responds to paracetamol/ibuprofen, and feels like mild soreness by the end of week 1 rather than sharp pain.
- Scrotal swelling gradually reduces with ice/support; no sudden increase or one-sided tension after day 3.
- Puncture site shows yellow/green healing crust (not pus), no spreading redness/heat, and closes naturally without discharge or foul smell.
- Bruising changes colour predictably (blue to yellow to gone) over 7-10 days, with no new bleeding after the first 48 hours.
- You manage light walks/day-to-day by day 7 without major discomfort, sleep improves, and no fever/chills present.

Frequently asked questions

When am I sterile?

You are not sterile right away as sperm remains in the system; aim for 20+ ejaculations over 12 weeks, then submit a semen sample for a lab test - continue backup contraception until the doctor reviews the results and confirms no motile sperm (average clearance 3-5 months).

When can I have sex again?

We recommend waiting 7 full days before resuming sexual activity. Until you receive your semen test results, we also suggest continuing the use of condoms or other forms of contraception.

When should you contact the clinic urgently?

- Bleeding that soaks dressing/underwear despite 10 min firm pressure, or fresh dripping after day 2.
- Fever $>38^{\circ}\text{C}$ with chills or feeling unwell/shivery alongside scrotal pain or swelling.
- Increasing redness, heat, major swelling, pus discharge or foul smell from the puncture site.
- Severe pain worsening day 3+, not helped by paracetamol/ibuprofen doses advised.
- No urination 8-12 hrs or great difficulty, testicle suddenly tense/hard/painful.
- Dark blue/black/grey colour of scrotum/testicle or sudden numbness/sensation change.

**No-scalpel vasectomy performed by experts,
offering confidence, privacy, and a quick recovery.**



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