



Wellington Vasectomy Clinic

Pre-op Instructions

When booking your appointment, we will ask you a few medical questions, so that we have all the necessary information we need to ensure that your appointment goes smoothly.

Choose a day for your operation following which you can have 2-3 days rest to recover from the operation. Resting afterwards will help to minimise bruising, swelling and discomfort.

You should plan to avoid heavy work & strenuous exercise for 7-10 days post op.

- A day or two before the operation please shave the entirety of the scrotum down to the skin and trim the pubic hairs around the scrotum with scissors.
- On the day of the operation, please have a shower and wash the scrotum, penis and pubic region thoroughly. This will help to minimise the risk of infection.
- Wear close fitting underpants rather than boxer shorts to support the scrotum after the operation.
- Have something to eat & drink an hour or two before your operation.
- Take 2 Panadol [paracetamol] or 2 Nurofen [ibuprofen] 1 hour before the operation. Have a supply at home for afterwards. We advise 2 Panadol or Nurofen every 4 hours for 2-3 days post op.
- Please arrive at the clinic 10-15 mins before your scheduled op time.

If you would like pre-op sedation, please report 45 mins before your operation to give this time to work. We normally use diazepam [valium] that is a mild sedative. If you do have this you should not drive for 12 hours afterwards so you will need to arrange transport home!

Have an ice pack at home for afterwards (a pack of frozen peas is ideal as it can be molded around the scrotum). This should be applied for 30 minutes every hour for 6 hours after the operation.

Your wife or partner is welcome to be present during the operation, which normally take 30-40 minutes.