

## AFTER THE OPERATION

- Wear supportive underwear
- Take simple painkillers such as paracetamol. 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.
- Expect that the small scrotal wound may appear to gape and may discharge small amounts of clear fluid prior to satisfactorily healing.
- If you feel there is excessive swelling, pain or redness of the scrotum or if there is a 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 Stock surgery (0844 477 3088) and ask to speak to Dr Acorn

## PROVIDING A SAMPLE

In order **to confirm that the operation can be relied upon for contraception, you MUST provide a suitable semen sample for laboratory analysis.** 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, and transported in the plastic container provided.

It should be produced by masturbation.

It is important that it reaches the laboratory within 2 hours of collection and by 10am Monday - Friday.

Please deliver the sample personally to the pathology department at Broomfield Hospital, St Peters Hospital Maldon or St Michaels Hospital Braintree.

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