

Vasectomy Instructions

The day of the procedure:

Bring the following with you:

- Scrotal support/jock strap.
- Any medications that were prescribed at the time of your consultation.
- A ride home for after your procedure.

What should I expect after my procedure?

After a vasectomy it is **normal** to experience:

- Mild pain
- Mild swelling of the scrotum
- A small amount of fluid drainage from the puncture site(s) that can continue for several days (you can apply a gauze pad)
- A marble-sized knot above the testicle, one side may heal faster than the other. If there is a stitch in the skin it will dissolve on its own.

When should I call for help?

Call the clinic if you have:

- Unusual or severe pain that is not relieved by pain medication
- Lots of bleeding or drainage
- Lots of swelling or redness
- Fever over 101° Fahrenheit

What are my postoperative instructions?

- Avoid strenuous activity for seven (7) days after your procedure. This includes any heavy lifting. You can gradually increase your activities afterwards, guided by your pain level. Avoid activities that cause pain at your scrotal sites.
- You may return to work the next day, as long as no strenuous activity is required.
- You may shower after 24 hours, but do not take a bath or use a hot tub for 48 hours.
- Wear your athletic underwear, compression shorts, jock strap/athletic supporter for the next 72 hours. Remove it to shower after 24 hours, but then replace it afterwards. Keep the gauze stuffed into supportive underwear as long as it does not become soiled.
- You may continue your normal diet.
- You may resume having sex after seven (7) days, if comfortable enough.
- **You must continue using other forms of birth control until cleared by your doctor.**

How can I manage my pain?

Tylenol and ibuprofen work in different ways to treat pain. You can use them together to maximize their effects.

- Take your medications by following this dosing schedule:
 - Take Tylenol 1000mg every 8 hours (maximum 3000mg daily)
 - Take Ibuprofen 600mg every 8 hours (take with food)
- Ice your scrotum on and off on this schedule:
 - Apply ice, frozen peas or corn, or a cold pack to the scrotum for 20 minutes, then remove for 20 minutes, then repeat all day on the day of your procedure. Continue this until you go to sleep. Ice again the following day if you need it.
- Elevate the scrotum the first day and night. This is good for healing and will also help with swelling.

What is my follow-up care?

Post-Vasectomy Semen Analysis (Sperm Checks)

A vasectomy is not immediately effective. Until you are told that you are sterile, it is essential that you keep using another form of birth control.

Appointments will be made for you to drop off your sperm check at 8 weeks after your vasectomy.