

## Post-Vasectomy Instructions

- **1<sup>st</sup> Day:** Ensure you spend a **quiet evening** at home, either lying in bed or reclining on the couch. Minimize activity as much as possible the day of your procedure. We recommend that you **ice the area** on and off every 20 minutes as much as possible (while wearing your scrotal support) for 24 hrs or as needed.
- **2<sup>nd</sup> Day:** Continue to rest. But, you may walk or drive as much as you like. But trust us when we say no sports, yard work, swimming, or heavy lifting. If your job is sedentary (ex: office work), you may return to work. Excessive motion and movement creates increased chance for swelling.
- **3<sup>rd</sup> Day:** You may return to more active work (not workouts) and regular daily activities wearing scrotal support.
- **10 days:** Wait 10 days for aggressive activities. If the **pain is gone** and tenderness is very minimal, you can resume sports, running, return to gym, etc. However, on the first day back **do only 50%** of your normal activity (ex: half of the distance, reps, speed, weights, length of time). If any pain does not occur, you may resume regular strenuous activities the next day.
- Keep the **area clean and dry for the first 24hrs**. You may remove the scrotal support to take a **daily shower starting the day after** the procedure. Pat it dry until the wound is closed. Let any bandages (Steri-Strips or stitches) fall off on their own. **Replace the scrotal support and wear it** whenever you are up and around for the **next 3 days**. Also wear it during any increased activity for the next 7 days.
- **Pain Management:**
  - **Mild Pain:** Acetaminophen 325mg-500mg (Equivalent to Tylenol)
    - Take 1-2 tabs every 6 hours as needed for MILD pain.
  - **Moderate Pain:** Ibuprofen 200mg (Equivalent Motrin/Advil)
    - Take 1-3 tabs every 6 hours as needed for MODERATE pain **along with** the Acetaminophen above.
- **Avoid any sexual stimulation for 10 days.** You may resume having intercourse 10 days after the procedure if you are pain free. It is common to have small amounts of blood, black, brown color in the semen during the first few ejaculations. A form of **birth control** is still required until you confirm the semen is sperm-free.
- Sometimes there is discomfort in the groin or abdomen. This can be normal.
- It is normal to have **bruising or discoloration** (black/ blue) of the tissue around the vasectomy site or base of the penis. Often this bruising will occur within the first 5 days, but can occur as late as 1-2 weeks afterwards. It is harmless and will fade. A small lump (a blood accumulation) may appear in the scrotum. This lump may appear within the first 2 weeks.
- Around 5% of men will develop **swelling and pain on one or both sides, starting anytime from 3 days to 3 months** after a vasectomy (it happens most commonly around day 3-5 afterwards). This usually represents a normal, but amplified, inflammatory response of the body performing sperm absorption and recycling. If this occurs, it is best managed with a 5-7 day course of ibuprofen 600 mg taken 3 times per day and icing as needed.

- You are **still considered fertile after the vasectomy procedure**. Perform your semen analysis **3 months and 20+ ejaculations** after the procedure to verify you are sterile.
  - At your appointment, you likely will be provided a take home kit to perform your post-vasectomy semen sample. Complete the sample in the comfort of your own home 3 months and 20 ejaculations after your vasectomy. The more ejaculations the better prior to testing. Follow the instructions in the kit carefully. You will receive an email, with a secured link, from the lab within 2 days of the lab receiving your sample. Until your semen shows no sperm, you must continue using birth control. If sperm are seen, you will need to continue birth control and repeat the sample 4 weeks later.
- **No follow-up visit is required**. Feel free to call our office with any concerns

	Do's		Don'ts	
<b>Today</b>	Drive (if no sedative given) Take tylenol Work on computer Ice the area	Relax, Nap, lie down, recline Eat or drink normally Watch TV or read a book Wear the supportive garmet	Return to work Go walking or shopping Exercise Take a shower	Meet up with friends Go out for socialization Go out to dinner Drink alcohol
<b>Day 2-7</b>	Take showers/ pat area dry Return to office work Go for walks Ice as needed	Lift or carry less than 35lbs Do very light physical work Tylenol + Ibuprofen as needed Wear the supportive garmet	Engage in sexual activity Take a bath or go swimming Ride a bike Jump or go jogging	Go golfing Roughhouse with kids Do heavy exercise Lift weights

Scan the codes below with your cell phone's camera to view our instructional video



Changing the Vasectomy Experience: Comfortable, Easy, Convenient