

POSTOPERATIVE VASECTOMY INSTRUCTIONS

REST: It is important to rest for a few days after your vasectomy. If you are returning to a desk job, three days is all you will need off your feet (being a couch potato). For those who perform some minor physical work, including standing, walking, lifting, I would recommend 4 to 5 days off work. Men who perform heavy physical labor should take 7 days off work. Please also avoid sports and other physical activity for one week post-vasectomy. This reduces the chances of having increased pain once you do return to work.

ICE PACKS: I recommend applying a small ice pack wrapped in a thin towel to the scrotal area for approximately 10 to 15 minutes every hour from 1-2 hours post procedure until the time you go to bed that night. This will help reduce any pain or swelling that may occur the next day.

BATHING: Avoid getting the scrotum and wound area wet for 1 day. The day after your vasectomy, you may shower. Do no bath, swim or submerge yourself in water for one week. Avoid hot tubs for at least three weeks.

DRESSING: The bandage should be taken off the day after surgery prior to showering. If there is any bleeding from the incision site, then pinch the area between your thumb and forefinger for 5-10 minutes. It is normal to have some discharge for a few days after the procedure.

UNDERWEAR: You should wear snug fitting underwear for at least 7 days after the surgery as this will increase your level of comfort.

SEXUAL ACTIVITY: It is recommended that you do not engage in any sexual activity for 7 days after the procedure. This does affect the rate of healing and complications. Once you do become sexually active, remember that it is not working immediately as birth control and you may need to use an alternative form of contraception until your semen analysis shows no sperm.

SPERM TESTING: After 30 ejaculations and 3 months, bring a semen sample in to the lab in your neighborhood. It should be no more than one hour old at the time of arrival at the lab. You will be within a week as to what the results are. If there are any sperm remaining, you may be asked to repeat the test in 4 week's time.

PAIN RELIEF: There may be a little pain, bruising and/or swelling where the wound is located. I suggest taking Naproxen 6 hours after your pre-surgery dose. In addition, you can use the Tylenol #3 as needed. After the first day or two, most people switch to Acetaminophen or Ibuprofen for pain relief as needed. Avoid Aspirin due to its ability to increase bleeding and bruising.

RETURN TO THE CLINIC OR CALL:

- ◆If you have a fever within one week of surgery
- ◆Any bleeding or pus in the wound
- ◆If there is pain or swelling around the wound that gets worse or does not go away
- ◆If your partner misses a period or thinks she is pregnant, it is very important as this may mean the operation has failed and your partner may be pregnant