



westgrove  
clinic SPRUCE  
GROVE

#201-505 Queen Street, Spruce Grove, AB T7X 2V2

Ph: (780) 962-9888 F: (780) 960-5298

## **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. Please use another form of birth control until you have completed your sperm testing and it is negative.

**SPERM TESTING:** After 3 months, I strongly recommend that you do a post-vasectomy sperm test. You need to not ejaculate for 2-7 days prior to producing the sample. The entire sample must be collected directly into the container provided. Do not collect in a condom or use lubricants. A label must be placed on the container and please print on it the date and time of the collection. You must also complete the "Collection Information" section of the lab requisition. Deliver the sample to the lab as soon as possible after collection. Within 30 minutes if preferred, up to 60 minutes is acceptable. Some labs, including the Edmonton Community Services Center at the Royal Alexandra Hospital, have rooms on site for you to ejaculate in if needed. The sample must remain at body temperature until delivery to the laboratory. Most people place the specimen in an inside jacket pocket to keep it warm. Please see the lab requisition for details. We will contact you with the results of your sperm test. If you are not



westgrove  
clinic SPRUCE  
GROVE

#201-505 Queen Street, Spruce Grove, AB T7X 2V2

Ph: (780) 962-9888 F: (780) 960-5298

contacted within two weeks of dropping off your sample, please call us at: 780-962-9888 extension 3.

**PAIN RELIEF:** There may be a little pain, bruising and/or swelling where the incision is located. You may use the Naproxen provided or you can use over the counter Acetaminophen or Ibuprofen for pain relief as needed. You may take Acetaminophen with Naproxen or Ibuprofen, but don't use Ibuprofen with Naproxen as they are both anti-inflammatories. 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
- ◆ If there are any signs of infection e.g. pus coming from the incision
- ◆ If there is bleeding that is not settling with pinching 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