



VASECTOMY PRE & POST-OPERATIVE INSTRUCTIONS

Before the Procedure:

- Stop taking all aspirin, nonsteroidal anti-inflammatory drugs or blood thinning products one week prior to your vasectomy.
- Arrange to rest and be off from work for 2-3 days after the vasectomy.

The Day of the Vasectomy:

- Carefully shave all the hair from the scrotum.
- Wear or bring **close-fitting (brief type) underwear or a jockstrap** that will support the scrotum.
- You can probably drive, but you may arrange to have someone drive you home from the procedure.

Post-Vasectomy Instructions:

- Wear close-fitting underwear or a jockstrap for 5-7 days to support the scrotum and hold the bandages in place.
- Place an icepack on your scrotum to minimize swelling for the remainder of the day after the procedure (30 minutes on/30 minutes off).
- Take pain medications as needed (Advil or Tylenol).
- You may take a shower beginning the day after the procedure, but avoid soaking the scrotum in baths, swimming pools or hot tubs.
- Limit activity for the first 48 hours following the procedure; avoid any heavy lifting, pushing or straining. Avoid strenuous exercise and sex for one week.

General Expectations:

You can expect some bruising and redness at the site of the incision. If you have sutures, they will dissolve within 7-14 days. There may be some yellow or white discharge from the incision as the sutures dissolve. This is normal. You may notice some firmness in and around the incision site; it will soften, flatten and return to normal within a few weeks.

Follow-Up Semen Test:

A vasectomy does not make you immediately sterile. It takes 6-8 weeks (30-40 ejaculations) for all the sperm to leave your body. Instructions will be provided the day of your procedure for follow up semen testing.

IT IS CRITICAL THAT YOU USE ANOTHER FORM OF BIRTH CONTROL UNTIL SEMEN TESTS SHOWS NO SPERM.

Complications: Contact our office immediately if you experience any of the following complications:

- Temperature (taken by mouth) above 101.5 °F
- Significant increase in scrotal size
- Redness or swelling that does not subside