

After Surgery Instructions for Vasectomy

Can I drive myself home?

You must have someone available to drive you home after your procedure if you had IV anesthesia or oral sedation. Even if your procedure is performed under local anesthesia, bringing a driver is preferred.

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
- Foul odor
- Fever over 101.5° Fahrenheit

What is the contact information?

Please contact the Urology clinic at (734) 936-7030. After 5:00 pm or on weekends, please contact the Urology resident at (734) 936-6267.

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 6 hours (take with food)
- Ice your scrotum on and off on this schedule:
 - Apply ice 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. You can use a bag of frozen peas to mold to the area. 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 have been made for you to drop off your sperm checks at 9 and 12 weeks after your vasectomy. When you are discharged, you will be given 3 specimen cups for your sperm checks.

- Provide the sample into the specimen cup on the morning of your drop-off appointment or the evening before (keep it in the refrigerator overnight).
- When you arrive for the appointment, tell the check-in clerk you are dropping off a post-vasectomy specimen.

You will receive your sperm check results within 21 business days following your drop off date. Please make sure that you provide us with an up-to-date phone number. If we cannot leave a message at that number, please let us know.

We will give you clearance to stop using birth control after two (2) 0 sperm checks. If any sperm are seen on the first two checks, we will need to do additional checks.

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