

After Your Vasectomy: Key Points

1. LIMIT YOUR ACTIVITY!!! You may feel absolutely fine shortly after the vasectomy, but that is NOT an indication that you can be physically active. **Wait at least 72 hours** before any vigorous activity, lifting, or even walking for distance. Too much activity too soon carries a risk of internal bleeding that would cause lots of pain and swelling, and significantly prolong your recovery.
2. As soon as you get home, place an ice pack or frozen peas between the two pairs of briefs, so that it presses against the dressing. Keep a cold pack on for 15-20 minutes at a time for the first 24 to 48 hours. This helps keep the swelling down and reduces pain.
3. Keep the incision clean and dry. Replace the dressing as needed with more clean gauze until the wound scabs over. It is not unusual for the wound to have a small amount of yellow/red/yellow-red drainage. The puncture wound is so small that it does not require a stitch, but it is a good idea to apply Neosporin or triple antibiotic ointment twice daily to the wound until it scabs over. It is okay to shower after 48 hours, but do not scrub the wound.
4. I recommend taking ibuprofen 400 mg three times a day for 3-4 days. This will help keep the swelling and discomfort to a minimum, if it does not upset your stomach and you are not allergic. You have been given a prescription for stronger pain medication if you need it. Tylenol could also be taken in addition to the ibuprofen, but do not take Tylenol with the pain medication we prescribed, as it already contains a full 325 mg dose of Tylenol per pill. It is also important to remember that you cannot drive, make important decisions, or operate machinery while taking the prescribed medication as it has a narcotic drug as its main ingredient.
5. Expect some bruising on the scrotum and penis, and some swelling above the testicles.
6. Wait 72 hours to resume physical work or workouts, but **proceed with caution**. Don't do anything that hurts. I strongly recommend very snug scrotal support for at least a couple weeks after the procedure.
7. Wait at least one week to resume any sexual activity or ejaculation.
8. Remember that you are **NOT STERILE immediately after the procedure**. It can take months to completely "clear out" the vas deferens of any remaining sperm. Therefore, you need to use birth control of some sort until we prove that you are sterile. Bring in a semen specimen after you have had at least 15-20 ejaculations and waited 2 months. We will then need a repeat sample at 3 months after the procedure. The specimen should be brought in within 24 hours but does NOT need to be kept warm nor refrigerated. It can be collected using a condom, but do not bring the condom using the specimen. You do

not need an appointment, and there are no fees for the semen analysis. Write your name and date of birth on the container and drop it off in a bag at the front desk in our office. We will call you with the results and instructions. You will need to use some alternative form of birth control until we have seen 2 semen samples that show no sperm, and at that point the vasectomy is considered successful.

9. If you have any questions or concerns, or feel something is not right, please call the office so that we can assist you in your recovery.