

VasectomyCenter – Seattle * Eastside * Edmonds

Specializing in No-Needle No-Scalpel Vasectomy

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POST-OPERATIVE INSTRUCTIONS FOR VASECTOMY

DIET You may return to your normal diet as soon as you arrive home.

ACTIVITY Your physical activity should be restricted the first forty-eight hours. During this time period you should remain relatively inactive, moving about only when necessary. After the first two post operative days you may return to work but should avoid heavy lifting (anything greater than fifteen pounds) and also avoid strenuous exercise. Ask us specifically about your restrictions both for home and work. If needed, we will be happy to write your employer a note.

You should plan to wear a tight pair of jockey shorts or an athletic supporter for the first several days, even while sleeping. This will keep the scrotum immobilized and help prevent swelling.

Ice packs should be placed on top of your jockey shorts and not in direct contact with your scrotum. Using ice or frozen peas in a zip-lock bag works best and is a good pain reliever as well as helping to reduce any swelling. Ice should be used whenever possible for the first two days. Important note: Commercial freezing products such as 'Blue Ice' or similar are NOT to be used on the skin. These products are much colder than ice and can cause skin damage.

It is recommended that you wait at least 5 days before resuming sexual activities. You may resume intercourse then if you are not having discomfort. Having ejaculations too soon after a vasectomy may increase the chance of minor problems developing.

WOUND Some bruising or minor oozing from the skin opening, swelling, or mild tenderness of the scrotum are not unusual. It is also not unusual to see occasional blood staining in the semen with the first several ejaculations following a vasectomy.

SUTURES In most cases your skin opening will have no sutures and the wound will close spontaneously in 1 or 2 days. Occasionally patients will have absorbable sutures and these will dissolve within the first week.

BATHING You may shower 24 hours after surgery. Tub bathing should be restricted until the 7th day.

MEDICATION **Aspirin is to be avoided.** Tylenol (acetaminophen) for pain relief is acceptable. You may take two extra strength or three regular strength tablets every 6 hours. It is the safest of all the pain relievers. Either ibuprofen (Advil or Motrin) 600mg every eight hours or naproxen (Aleve) two tablets twice daily may be taken instead of Tylenol if you prefer.

PROBLEMS YOU SHOULD REPORT TO US. A fever of or greater than 100.5 degrees Fahrenheit , moderate or severe swelling under the skin incision or involving the scrotum or any drug reactions such as hives, a rash, nausea or vomiting should be reported. *If there is generalized redness, especially with increasing pain or swelling, let us know.* It is not unusual for the scrotum to develop some bruising. In time, this discoloration will disappear. It is not abnormal to have some swelling and minor discomfort after a vasectomy.

FOLLOW-UP No routine follow-up visits are required except for a semen check.

SEMEN SAMPLES You will need to have two consecutive semen analyses that show **no sperm** before we can be certain that the vasectomy was successful. Your first specimen should be brought to the clinic approximately six weeks after your vasectomy. Please call the clinic beforehand for the exact times.

First, wait at least 5 days before having any type of sexual activity or ejaculation. Then use PROTECTED intercourse. After you have ejaculated about 12 times and at least six weeks have passed, bring in a semen specimen in a clean small jar. The specimen does not have to be fresh. You may collect it the night before and bring it in the next day. If the specimen shows no sperm, then wait about two weeks and bring in another specimen. With two negative specimens, you should be sterile permanently.

Remember: Continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm each time.