

POSTOPERATIVE VASECTOMY INSTRUCTIONS

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Spend the first evening in bed or on the couch. Use ice packs as necessary

You will be given pain medication to take as needed. Most patients only need this for the first 24 hours

You may take acetaminophen (Tylenol or generic) or ibuprofen (Motrin, Nuprin, Advil, or generic) for any discomfort. Avoid aspirin for 2 days after the vasectomy.

On the day after the procedure, you may resume normal daily activities as tolerated. It is ok to return to work, as long as duties are non-strenuous

You may remove the scrotal support and take a daily shower starting the morning after the procedure. Replace the scrotal support and wear it whenever you are up and around for the next 4-5 days.

We generally advise that patients wait at least 7-10 days before resuming strenuous activities (running, weight lifting, etc.)

It is normal to have some discoloration of the skin around the puncture site or bruising of the scrotum.

You may have sex 4 days after the procedure. It is uncommon but normal to have some blood in the semen for the first few ejaculations.

Some men (about one in 20) will develop swelling and discomfort on one side, sometimes on both sides, following vasectomy. This usually represents an inflammatory response of sperm resorption and recycling. It is effectively managed with a 5-7 day course of ibuprofen 600 mg 3 times per day.

We will provide you with a sample container to provide us with a semen specimen 2 months and 3 months after your procedure. It generally takes about 20 ejaculations to clear remaining sperm. It is essential that you continue practicing birth control until we tell you otherwise. Our policy is to affirm this with two consecutive semen analyses that contain no sperm. The specimen may be produced at your leisure, however the specimen should not be older than 2-3 hours. You must abstain from ejaculation for 2-3 days prior to producing your specimen(s) to avoid possible false readings.