

## POST OPERATIVE INSTRUCTIONS

### *Procedure:* Vasectomy

- This procedure does not protect you immediately from getting a female pregnant. Please 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.
- It is recommended that you wait at least one week before resuming sexual activities. You may then resume sexual activities if you are not experiencing any discomfort. Having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or a rejoining of the tubes.
- Ejaculations help clear the passage of sperm, but you and your sexual partner must use some other form of birth control until you are told that you may discontinue its use.
- For three (3) days after the operation, do not do any work that requires heavy lifting, pushing, straining, etc.
- Keep the incisions dry for 24 hours following the operation. Thereafter you may take a shower. Please do not take a bath for one (1) week.
- Some bruising, drainage from the incision, swelling, or mild tenderness of the scrotum is **NOT** unusual. Also, the edges of the incision may pull apart and heal rather slowly, and sometimes a suture may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.
- Wear an athletic supporter only as long as you need it for comfort.
- If you have pain or discomfort immediately after the vasectomy, taking two Tylenol tablets every 4 hours or taking prescribed pain medication should provide relief. After the local anesthetic wears off, an ice pack will provide additional comfort and can also prevent swelling if used for several hours at 1/2 hour intervals ( 1/2 hour on, then 1/2 hour off)
- If stitches are placed, they do not need to be removed. They will dissolve on their own. Usually will take ten days but may take up to around a month.

Updated: 1/11/2010