



### **Post Vasectomy Instructions**

1. The operation does not immediately protect you from getting a woman pregnant. Continue to use some other method of birth control until you have had your semen analyzed twice or have been told that it contains no sperm each time.
2. It is recommended that you wait at least 3 days before resuming sexual activity. You may resume sexual activities then if you are not having any discomfort, but having sex too soon after a vasectomy may increase chances of minor problems developing.
3. Ejaculating helps to clear the passage of sperm, but you and your sexual partner must use some other form of birth control until you have been told by the doctor that you may discontinue its use.
4. For two days after the operation, it is critical that you take it easy. You may do light work as soon as you wish, thereafter. No sporting or other heavy activity for one week.
5. Keep the incision dry for one day following the operation. Thereafter you may take quick showers. No tub bathing for one week unless otherwise instructed.
6. Some mild swelling or tenderness, as well as black and blue discoloration (bruising) or drainage (oozing) from the incision are not unusual. Also, the edges of the incision may pull apart and heal rather slowly, and sometimes firmness may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.



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7. Wear a suspensory or athletic supporter only as long as you seem to need it for comfort.
8. If you have pain or discomfort immediately after the vasectomy, taking 2 Tylenol tablets every 4 hours 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  $\frac{1}{2}$  hour intervals (1/2hour on,  $\frac{1}{2}$  hour off). Use for the first 48 hours.
9. If stitches are placed, they do not have to be removed. They are absorbed and drop off by themselves, usually within 10 days, but this can take longer.