

Dr Karen M Latzko
Dr Barry R Rossman



UROLOGY GROUP of PRINCETON

Forrestal Village
134 Stanhope Street
Princeton, NJ 08540
609-924-6487
Fax 609-921-7020



Dr Stanley E Rosenberg
Dr Alex P Vukasin
Dr Alexei Wedmid

POST VASECTOMY INSTRUCTIONS

1. First and foremost, today's operation does not immediately protect you from getting a woman pregnant. You must continue to utilize other methods of birth control until **we have confirmed the absence of sperm on two sequential semen analyses.**
2. You are advised to take it quite easy for the first one to two days after the procedure in order to avoid increased swelling, pain and discomfort. You may carry out light work and activity, but no sports, heavy lifting, or heavy activities should be done for a full one week. It is recommended that you wait typically at least three days after the procedure before resuming sexual activities. Having sex before then might increase the risk of discomfort and minor problems.
3. Keep the incision(s) dry for approximately 24 hours if possible. Thereafter, you may take quick showers, but would suggest against bathing for approximately one week.
4. You may experience mild swelling, tenderness, and black and blue (ecchymosis) of the scrotum. Mild drainage from the incision is also not unusual. This typically resolves in a few days and is not at all alarming or unusual. Some thickening and firmness of the incision site is also not unusual and will typically resolve in a few days or 1-2 weeks at most going forward. This is part of the normal healing process.
5. It is suggested that you wear a suspensory athletic supporter and or Jockey underwear to give support after the procedure for the first few days or until you feel comfortable otherwise.
6. We suggest the use of ice (or frozen peas/corn kernels, etc.) for both relief of pain, as well as to limit swelling. This should be done as soon as you arrive home. The ice packs will provide comfort, as well as prevent swelling and should be used at ½ hour intervals (½ hour on and then ½ hour off). This should be used on and off for the first 24-48 hours as needed. You may also utilize Tylenol or Advil/Motrin/ibuprofen for pain relief if needed. Stronger pain medicines are almost never typically required.
7. If sutures are placed, they typically are dissolvable and do not need to be removed. They will be absorbed and typically fall off by themselves within 10-14 days if not sooner.
8. Once you are able to resume normal activity, including sexual relations, it is important that alternative means of birth control be utilized. You should continue to ejaculate over the next several weeks as doing so helps clear the sperm from the reproductive tract. This is essential in order to achieve the full elimination of all sperm before proceeding with unprotected sexual relations.
9. If you experience excessive pain, swelling, discomfort, or bleeding, please contact our office our phone number is 609-924-6487 or our emergency number, 609-957-5087.