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 to seventy-two hours. During that time you should remain relatively inactive, moving about only when necessary. During the first 7 days following surgery you should avoid lifting any heavy objects (anything greater than fifteen pounds), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer if needed.

You should plan to wear a tight pair of jockey shorts or an athletic support for the first 4-5 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

Ice packs should be placed on and off over the scrotum for the first 48 hours. Frozen peas or corn in a ZipLoc bag can be frozen, used and re-frozen. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down.

WOUND:
In most cases your incision will have no sutures and the wound will seal in 1 or 2 days. Some patients will have absorbable sutures that will dissolve within the first 10-20 days. In either case you can shower safely within 24 hours. If there is generalized redness, especially with increasing pain or swelling, let us know. The scrotum will possibly get 'black and blue' as blood in the tissues spread. Sometimes the whole scrotum will turn colors. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

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

MEDICATION:
You may take Tylenol (acetaminophen) for pain. It is the safest of all the pain relievers, because it causes no bleeding. Aspirin is to be avoided.

PROBLEMS YOU SHOULD REPORT TO US:
   a. Fever or 100.5 degrees Fahrenheit.
   b. Moderate or severe swelling under the skin incision or involving the scrotum.
   c. Drug reactions such as hives, a rash, nausea or vomiting.

FOLLOW-UP:
You need NO routine follow-up visits to have us examine you unless problems arise. You will need to have three semen analyses however to make certain that the vasectomy was successful. First, wait 14 days before having any type of sexual activity or ejaculation. Then use PROTECTED intercourse until you have three negative semen samples in my office. Bring in a semen specimen in a 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 six weeks and bring in another specimen. With three negative specimens, you should be sterile permanently however there is a 1 in 2200 failure rate even with three negative samples.