



## POST VASECTOMY INSTRUCTIONS

Your post-vasectomy recovery will hopefully be easy and you will be able to return to normal activities within a short period of time. For the first 24-48 hours after the vasectomy, if possible, we would like you to just rest and take things easy.

We would like you to be aware of the following: You may expect some mild discomfort in the scrotum after the local anesthetic wears off in approximately two hours. For pain relief, I suggest using Tylenol or Advil. An ice bag may also be helpful.

Two small incisions are made on each side of the scrotum. The incisions are left open so there will be a vent to drain to the outside to prevent undue swelling in the scrotum. On very rare occasions there may be a moderate amount of oozing of blood. If bleeding occurs, use an ice bag on the scrotum for approximately one hour, which should stop the oozing; if not, with your thumb and forefinger gently squeeze the two skin edges together. If the bleeding still does not stop or slow down, please call the office. The scrotal skin heals very easily and in a month's time you will not see where the incisions were made.

The scrotal skin usually turns black and blue following a vasectomy. You should have no significant swelling. The skin edges appear to stay open for a few days, but don't be concerned about this as they will close and heal over.

Please wear the athletic supporter, usually for two or three days, or as long as it helps you to be more comfortable. If you notice no difference, then you do not need it.

Please do not get the scrotum wet for approximately 48 hours after the vasectomy; after that, a bath or shower is fine.

Please do not ejaculate for seven days---this will allow the cut ends of the vas deferens to heal properly. It usually takes between 15 to 20 ejaculations to completely rid the ductal system of all sperm. When you have ejaculated approximately that many times, please bring in a sample to be examined microscopically in my office to be certain there are no remaining sperm. You do not need an appointment for this, but **please call** prior to bringing in the sample to make sure a physician will be here to look at your sample. We actually prefer to check **two** specimens to be certain of infertility. The sample can be collected in a glass container, or use one we supply. Please allow a minimum of 2 weeks between specimens. Again, I would like to emphasize you are not considered infertile until there are **two** negative sperm checks post-vasectomy.

If you have any questions or problems, don't hesitate to call me.