



Instructions for **AFTER** Your Vasectomy

Continue to use birth control until you have your semen analysis **AND** you have been told that you are cleared to have unprotected sex.

- 1) After your vasectomy minimize your activity. You may have mild discomfort that requires pain pills. The discomfort may be in the testicles, groin or in the abdomen. This is normal.
- 2) An ice pack or cold peas may be used to scrotum. You may apply 20 minutes on and 20 minutes off. **DO NOT** place the ice or cold peas directly on the skin since this may cause damage.
- 3) Aspirin should be avoided for the first 72 hours if you are not already taking it for a health problem. **If you are taking Aspirin for health reasons** please discuss with your physician when you should start taking it again.
- 4) **SPEAK TO YOUR VASECTOMY DOCTOR ABOUT PAIN MEDICATIONS.**
- 5) **DIET-** You may continue your normal diet.
- 6) **SHOWERING-** You may get the vasectomy site wet two days after your vasectomy.
- 7) When you no longer have pain or tenderness you may ejaculate. You may have gentle sex in 7 days. You may have blood in your ejaculation. If you do this is normal.
- 8) **WOUND-** Some bruising, swelling, or mild tenderness of the scrotum are not unusual. It is normal to have some **discoloration of the skin** (black and blue) around the vasectomy site. Some men will develop considerable discoloration of the scrotum which should start to go away in about one week.
- 9) **SUTURES -**In some cases your skin opening will have no sutures and the wound will close spontaneously in 1 or 2 days. In many cases you will have absorbable sutures and these will dissolve within the 1-3 weeks.
- 10) **Exercise-** After 1 week, when pain is gone and tenderness is minimal, you may return to the gym or to running, but on the first day back, do half (1/2) of your usual workout: half the weight, half the reps, half the speed, half the distance, etc. If pain does not return, you may do your regular workout the next day.
- 11) **PROBLEMS YOU SHOULD REPORT TO YOUR VASECTOMY DOCTOR.** A fever of or greater than 100.4 degrees Fahrenheit, moderate or severe swelling under the skin incision or involving the scrotum or any drug reactions such as hives, a rash, nausea or vomiting should be reported. **ANY PUSS FROM THE INCISION AT ANY POINT.** *If there is generalized redness, especially with increasing pain or swelling, let us know.* It is not unusual for the scrotum to develop some bruising. In time, this discoloration will disappear. It is not abnormal to have some swelling and minor discomfort after a vasectomy.
- 12) **In eight (8) to twelve (12) weeks and 20 ejaculations** after your vasectomy, **have your semen tested** to be sure that it no longer contains sperm and if it is thereby safe to stop other forms of contraception (number of ejaculations and number of weeks are both important).