



## POST-Procedure Instructions (AFTER vasectomy)

Please go directly home and rest. Stay off of your feet the day of the vasectomy. For the following two days, stay off of your feet as much as possible and wear the scrotal support. You may return to light-duty work on the third day. Please refrain from strenuous activity for one week. Wear tight/fitted underwear (*not* boxers) during the first week. Sometimes the opening stretches open more when the scrotum is not well supported. After a week, let your body be your guide in deciding when to increase your activity including resuming **protected** sexual intercourse.

You may take ibuprofen (Advil/Motrin) or plain Tylenol (regular or extra strength acetaminophen) for pain. You may take up to 4, 200mg tablets of ibuprofen 3 times per day (max dose is 2400mg per day). You may take up to 4g (4000mg) of acetaminophen per day. You may alternate both as needed.

Place a bag of frozen peas/crushed ice/etc. over the support for six hours after the procedure to reduce swelling. You may use the ice off/on for the next 2-3 days as needed.

A small amount of bleeding at the skin is normal. You may need to keep a dry gauze over the incision for a day or two. Some discomfort and swelling is normal. The less you are on your feet initially, the less swelling (and therefore discomfort) you will have—and the faster you will get back to normal. Some black and blue discoloration is normal.

You may briefly shower starting the evening after the vasectomy (after 24h). You may use soap and water. Do not let the shower spray directly on the incision/opening—just allow the water to run down over the area. Gently blot the area dry as opposed to rubbing.

***Use contraception during intercourse until after your semen has been examined and confirmed to be free of sperm.***

Continue to ejaculate normally. This will help rid the semen of the remaining sperm. After 3 months, collect a semen specimen by masturbation in the cup that was provided for you AT HOME. ***Please ensure you have signed up for a specific window of time to drop off your sample to ensure the doctor is there to examine it.*** Please bring in the sample within 1-2 hours of collection (preferably 30minutes). Carry the sample in a pocket/close to your skin. ***Ensure your name and phone number is on the collection cup.*** You may place it in a bag and deposit it the designated area in the lobby and/or near the door. You will be notified of the results by phone.

If sperm are noted in the specimen, you will need to continue using contraception and need to bring another sample a month later. You may be charged for the examination of this second sample; the first examination is included with the cost of the procedure.

Please call if you have the following concerns:

Your scrotum swells rapidly within the first 2 days. Your incision bleeds briskly even after holding pressure directly on the area for ten minutes. Your scrotum looks red and is increasingly warm and tender. You develop fever  $>101.5$ . Further questions/concerns.

**Wishing you a prompt and carefree recovery!**