

## VASECTOMY INSTRUCTIONS: POSTOPERATIVE

- Wear snug-fitting underwear for the next few days to provide scrotal support.
- As soon as you get home, take 400 mg of advil or ibuprofen. You can then continue taking it every 4-6 hours afterwards as directed on the package, if needed, for pain and swelling.
- Ice the scrotum with a bag of frozen vegetables or an ice pack for 10-15 minutes once per hour for the rest of the day. You may continue this the day after your procedure as well, if you find it helps with comfort. Do not place the ice directly against your skin – leave your underwear on, or use a cloth as a barrier to protect your skin from being damaged by the cold.
- Stay off of your feet as much as possible after you come home from your procedure, and try to limit any walking or standing for 48 hours after your vasectomy.
- You may shower in the evening after your vasectomy, or the following morning.
- You may notice the surgical glue peel off of the wound a few days after your vasectomy. If there is still an opening, you can apply a bandage, but this is not necessary. Do not apply any ointments to the glue, as this may cause it to dissolve prematurely.
- You will be given a prescription for a pain medication that is stronger than advil. You should not need it. In the unlikely event that you require it, take it with a stool softener, as it is very constipating.
- Do not lift, push, or pull anything over 25 pounds for 5 days after your vasectomy.
- Avoid sports for 6 days after surgery.
- You may resume sexual activity 4 days after surgery. This time is required to allow the soft tissues to heal and begin scarring. You **MUST USE BIRTH CONTROL** until your doctor tells you it is no longer required.
- Most patients may return to work 2 days after vasectomy. If your work involves physical exertion, talk to your doctor about your return to work plan.
- If you have severe swelling or bruising on one side of the scrotum, call Dr. Valiulis.
- If you have severe pain that is not controlled by medication, call Dr. Valiulis.
- If you develop fever, nausea, or vomiting, call Dr. Valiulis.

### Semen Samples

- You will be given a sample collection kit at your appointment.
- A sample must be collected after 20 ejaculations, or 3 months following surgery. The sample will be analyzed under a microscope to confirm that no live sperm are present. Your doctor will call you with the results. **USE BIRTH CONTROL** until your doctor confirms that you may stop.
- There is a very small chance (1/2000) that at a later date, sperm will find a way to travel from one cut end of the vas deferens to the other. If this occurs, it is most likely to happen 6-9 months after your surgery. You will be given a second sample kit if you wish to perform another collection to confirm that you are still sterile. Your doctor will call with the results.

## **Where to drop off your postoperative sperm sample**

### London (Mon-Fri):

- Gamma Dynacare Laboratories at 230 Victoria St. and Richmond (Advanced Medical Group Bldg.)
- Life Labs at 746 Baseline Rd. E. (at Wellington St. behind National Sports and Staples)

### St. Thomas:

- Lifelabs (Elgin Mall) 417 Wellington St. Unit 55
- Lifelabs (Elmwood Health Centre) 25 Elm St.

Strathroy : Gamma Dynacare – 74 Front St. East, Upper Level (Shoppers Drug Mart/ Strathroy Medical Clinic)

Aylmer: Lifelabs – 424 Talbot St. West, Suite L8

Woodstock: Lifelabs – 510 Ingersoll Avenue West or 959 Dundas Street, Unit 206

Ingersoll: Lifelabs – 45 King St. East

Tillsonburg: Lifelabs – 86 Brock St. East

### Chatham:

- Gamma Dynacare – 20 Emma St. Suite 107
- Lifelabs – 857 Grand Avenue West

### Windsor:

- Gamma Dynacare – 22-3176 Dougall Ave.
- Lifelabs- 6505 Tecumseh Rd. East

Further information on these locations can be obtained by accessing the Gamma Dynacare or Lifelabs websites.