

VASECTOMY INSTRUCTIONS: POSTOPERATIVE

- Wear snug-fitting underwear for the next week to provide scrotal support.
- As soon as you get home, take 800 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.
- If the office is closed and you require urgent assistance, go to the emergency room.

Semen Samples – Drop off at Lifelabs Locations ONLY

- 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 new 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 label for a sample. If you wish to perform another collection to confirm that you are still sterile 9-12 months after the vasectomy, affix the label to a sample cup (which you can pick up at the lab or doctor's office). You can use this cup for the second collection. A single requisition will permit two samples to be submitted. Your doctor will call with the results.
- Abstain 2-7 days prior to sample, and ideally drop off the sample within 1 hour of producing