



## POST-VASECTOMY INSTRUCTIONS

- On the day of your vasectomy, spend a quiet evening at home, reclining in bed or on the sofa. Minimize activity.
- Avoid aspirin for 2 days after the vasectomy. You may take acetaminophen (Tylenol) or Ibuprofen (Advil) if you have any discomfort.
- No need for ice packs. Though if you find it helpful, go ahead and use them. It does help improve the sympathy factor, which may help you maximize the benefits of your vasectomy weekend.
- You may remove the scrotal support and take a daily shower starting the morning after the procedure. Replace the scrotal support and wear it for the next several days, even while you are sleeping. This will help decrease swelling and achiness.
- On the day after the procedure, you may walk and drive as much as you like, but no sports, yard work, swimming, or heavy lifting for 7 days. After 7 days, there are no restrictions but it is recommended to slowly ease back into your regular activities. If your job is sedentary (office work or supervisor), you may return to work immediately. If your job involves physically strenuous activity, you may want to consider taking a couple of days off of work. We can provide you with a 'doctor's note' if needed.
- The American Urological Association Vasectomy Guidelines recommend that men refrain from ejaculating for one week post-vasectomy; however, a couple of days is probably adequate if you have no pain. Blood in the semen within the first month or two after the vasectomy occurs in some men, but is not reason for concern.
- Since no incision is made, no follow-up visit is required, other than the post vasectomy semen analysis. You will be given Dr. Zola's cell phone number and if you have undue discomfort or any concerns, you should call him anytime after your vasectomy.
- It is normal to have some discoloration of the skin (black and blue) around the puncture site a day or two after the vasectomy. Some men will develop considerable discoloration of the scrotum about 4

days after the vasectomy. Blood from the deep vasectomy site comes to the surface as a purplish-blue mark, gets darker, and spreads out like an oil slick, then gradually dissipates.

- Some men (about one in 20) will develop swelling and discomfort on one side, sometimes on both sides, starting anytime from 3 days to 3 months following vasectomy. This usually represents an exaggerated form of the normal inflammatory response necessary for sperm resorption and recycling. It is effectively managed with a 5-7 day course of ibuprofen 600 mg 3 times per day.
- **Twelve weeks and twenty ejaculations after your vasectomy, have your semen tested to be sure that it no longer contains sperm and that it is thereby safe to stop other forms of contraception.**