

## Vasectomy Postoperative Instructions

### General Urology Clinic

#### About Your Surgery

Vasectomy is a common and low risk surgical procedure for men looking for permanent birth control that cuts the supply of sperm to your semen. With this procedure, a portion of the duct that carries sperm is removed usually done under local anesthesia. Vasectomies are 99 percent effective in preventing pregnancy and can be an appropriate birth control option for those who do not wish to have children in the future. This procedure can be performed in the office in approximately 15 minutes.

Vasectomy offers no protection from sexually transmitted infections.

#### Home Care

1. If you have pain or discomfort immediately after the procedure, take Ibuprofen, Advil, Motrin, or Aleve, 200-800 mg three times per day. These are usually enough to provide relief from pain. You may also take Tylenol (acetaminophen) – up to 1000mg every 8 hours. It is not common for men to receive narcotic pain medications for this procedure.
2. Go home immediately and place an ice pack on the scrotum for 10-15 minutes on and off for several hours. The ice pack will provide additional comfort after the local anesthetic wears off.
3. Attempt to lie flat for a number of hours after the procedure in order to avoid the discomfort associated with movement and to decrease the swelling.
4. Restrict your activity for the next couple of days. Avoid strenuous physical exercise and lifting of heavy objects (i.e. object heavier than 5-10 pounds) for 7-10 days to avoid strain to the scrotal area.
5. A slight oozing of blood, some tenderness, and mild swelling in the area of the incisions is not unusual and should subside within 72 hours. Some men notice a ‘lump’ in the area of the vasectomy site a few days after surgery. This is most likely a blood clot, or hematoma, and will resolve on its own but may take a few weeks to do so. Do not hesitate to call at any time if you have persistent or increased pain, swelling, or bleeding.

# Patient Education



You can reach our team at (904) 202-7300. It is not unusual to have some black and blue (bruising/ecchymosis) of the scrotal skin.

6. The dressing, if you have one, may be removed the next day. You may shower on the day following your vasectomy. Rinse and dry the scrotal area by blotting, not rubbing the skin. You may resume bathing and other swimming activities in 7 days.
7. Refrain from intercourse for 5-7 days. Until you have submitted a post-vasectomy specimen for analysis, you must use contraception.
8. Call our office at (904) 202-7300 after 10-15 ejaculations to schedule a time to bring in a semen specimen. **BE SURE** to continue to use your usual contraception until you receive a letter or a phone call from your Physician about the results.

## Follow-up Care

You do not need to return to the Urology clinic for follow-up unless you have specific concerns. When you are ready to submit your semen analysis, please contact us as detailed above.

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care. Vasectomy Postoperative Instructions. 10/1/2020