



## Post Vasectomy Instructions

**NOTE: Today's procedure will not immediately prevent you from getting a woman pregnant. Please carefully read and follow these instructions.**

### After Your Vasectomy

1. Plan on returning straight home and limiting your activity for the next **24** hours.
2. After arriving home, use an ice pack on your scrotum for 2-3 hours to decrease the swelling risk. (Tip: a frozen pack of peas works well and will conform to the area)
3. Take two Tylenol every four hours as needed for pain relief.
4. Begin wearing an athletic supporter, and continue wearing it for 2-3 days, or longer if needed, for comfort.
5. You may resume normal bathing after 24 hours.
6. Bruising, light drainage from the incision, mild swelling, and scrotal tenderness are common after a vasectomy and usually resolve after several days.
7. It is possible that the edges of the incision may separate.
8. Stitches usually dissolve within 10 days.

When planning activities following your vasectomy, it is important to follow the guidelines listed below.

### For One Week

- **DO NOT** do any work or sport requiring lifting (including recreational weightlifting) greater than **20** pounds;
- **DO NOT** do any work or sport activity requiring pushing, straining or running (including jogging);
- **DO NOT** play tennis, golf, basketball, or any other sport;
- **DO NOT** use a lawnmower or snow blower;
- **DO NOT** straddle a bicycle, motorcycle, snowmobile, ATV, or horse.
- Wait at least 1 week before resuming sexual relations and **do not** resume if you are experiencing any discomfort. **Remember:** Ejaculating too soon after a vasectomy may increase the chances of complications, including rejoining of the tubes.

### **CALL YOUR PHYSICIAN IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:**

- **SEVERE SCROTAL SWELLING**
- **FEVERS AND/OR CHILLS WITHIN A WEEK FOLLOWING YOUR VASECTOMY**
- **SCROTAL PAIN NOT CONTROLLED WITH MEDICATION**
- **FOUL SMELLING DRAINAGE FROM YOUR VASECTOMY INCISION**