



### Vasectomy Post-Op Instructions

Minor abdominal aching, spot bleeding, and/or bruising (black and blue skin changes) are expected. A slight discharge from one or both incisions may be present. Clean the area as needed. **If you are concerned about any symptoms that you are experiencing, please contact our office.**

#### Day of Surgery:

- Complete rest. Stay off your feet for at least 24 hours.
- Apply ice to the scrotum as needed. Alternate 20 minutes with ice, 20 minutes without ice.
- Take Ibuprofen or Tylenol for pain as needed.
- If any bleeding is noted, apply finger pressure to the incision sites for about five minutes.
- You may shower 24 hours after the procedure.

#### For Three Days:

- Do not lift anything greater than 10 pounds.
- No strenuous exercise such as weightlifting or running.
- Wear compression underwear to help with possible swelling.

#### After Seven Days:

- You may resume sexual activity after 7 days.
- Vasectomy does not result in immediate sterility so you must use a method of birth control.

#### After Three Months:

- We must perform a post vasectomy semen analysis to check for sperm. This is done in 3 months after the procedure and is done to make sure that sperm are no longer present in your system.
- **When a semen test shows that there are absolutely no sperm present in your semen, you may have intercourse without birth control.**
- Remember that there is a failure rate as high as 1 in 1000 based on some studies. If you would like an additional semen specimen checked in 6 months, this will be done free of charge.

#### Instructions for collecting a semen sample:

- You should abstain from sexual intercourse or ejaculation at least 2 days prior to obtaining the specimen.
- The sample must be a masturbated specimen. You also **can not** use a condom to catch the specimen.
- You must capture the specimen directly into the sterile cup, place the lid securely on and bring it to our office within 2 hours.

**It is vital that you return for the post-vasectomy semen check. If you do not bring a semen specimen back to our office after your vasectomy, then we will have to send the portion of the vas that was removed to the pathologist. This will result in you being billed by the pathologist for this test and report.**

Date of Vasectomy\_\_\_\_\_

Drop off semen sample after\_\_\_\_\_

Please contact our office at 423-472-3201 if you have questions.