

## After Vasectomy Instructions

1. **Have someone drive you home.** Do not drive for at least two hours after surgery. Sudden lightheadedness or fainting could impair your driving ability and endanger yourself and others. Rest, and avoid getting up unnecessarily. Tomorrow you may return to driving, normal activities, and light duty work.
2. **Wear snug-fitting briefs** for protection and comfort during the first week. Leave the gauze in place until tomorrow then discard it.
3. **Avoid touching or disturbing the incision.** If you notice bleeding from the incision, then firmly pinch the skin between gauze for 10 minutes. Do NOT apply antiseptic or band-aids. Icing is not necessary if you feel fine.
4. **For seven days avoid strenuous activity**, such as running, jumping, or jarring, as in sports, even skiing or golf. **Also avoid straining** to lift, reach, or squat. These actions might cause bleeding inside the scrotum. **Request light duty if your work is physical.** Remember, "**Prevention is the best remedy.**"
5. **Avoid sexual stimulation for a couple days.** Gentle sexual activity that does not disturb the incision is allowed after the first couple days, but you must use some other method of birth control until your semen is tested negative for sperm. It is normal to notice **blood or a brown color in the semen** during the first few weeks.
6. You should expect only mild discomfort for a few days. You may take Tylenol and ibuprofen or Aleve, as needed. An **anti-inflammatory** regimen is recommended if there is persistent achy pain:
  - Naproxen (Aleve) 220 mg tablets. Two at breakfast, one at lunch, and two at dinner, each day for seven days, or
  - Ibuprofen (Advil/Motrin) 600mg, (3x200mg tablets) four times a day with meals, for seven days.
  - Patients with a history of ulcers or kidney disorder or intolerance to anti-inflammatory drugs should avoid these regimens. Call the clinic for advice.

If you are having severe pain, or need stronger pain medication, please call the clinic at (888) SNIP.DOC.
7. A painless **bruise or black-and-blue color** might appear around the scrotum and the base of the penis on the second or third day. It is harmless and will fade over several days.
8. If you develop a large bluish lump inside the scrotum the size of a golf ball, in the first two days, it may be a hematoma (blood accumulation). It is important to treat this complication early, so call the clinic day or night (see below).
9. On each side of your scrotum, the vas deferens will develop a BB to pea-size nodule where the vasectomy was performed. This scar is normal and permanent. Initially it will be tender if you pinch it, (so stop pinching it!) The tenderness will resolve within a few months.
10. If you have any questions or concerns about how you are healing, if you have excessive pain or swelling, bleeding, or redness or pus around the incision with a fever, please call the clinic for advice.
11. Remember that you must [pass a semen test](#) to ensure your vasectomy was successful. You can request the test either at a local laboratory or with DrSnip. We offer mail-in semen tests that can be purchased at the clinic the day of your appointment or anytime thereafter over the phone. The testing kit will be mailed to your home. Mail-in tests are not covered by insurance and the cost is paid by the patient. Tests can also be ordered at a local laboratory that does post-vasectomy semen testing. We will place this order for you and will need the laboratory's information. In either instance, we will receive the results directly from the laboratory and will call you with the results.

To reach the clinic, call 888.SNIP.DOC, 24 hours/day. Leave a message after hours.

If your problem is urgent and requires the Doctor's attention before the office reopens, you can press extension 9 when prompted to leave a message with the Doctor on call.

After Vasectomy Instructions

*Please follow these guidelines*

<b>SPECIFIC ACTIVITY GUIDELINES TO PREVENT COMPLICATIONS FOLLOWING VASECTOMY</b>		
You must go directly home from the clinic after your vasectomy and rest until the next day.		
	<b>YOU MAY DO THIS:</b>	<b>DO NOT DO THIS:</b>
<b>DAY OF SURGERY</b>	Eat and drink normally Sit, lie, or recline Enjoy TV, videos, a book, computer work Take Aleve, Tylenol, ibuprofen, Write love letters	Drive yourself home Return to work Go out to eat or shop Exercise, go for a walk Entertain guests Attend a social gathering Engage in sexual activity
<b>NEXT SEVEN DAYS</b>	Do office or bench work Go walking Drive your car Lift and carry less than 40 lbs. Go shopping Take showers Do light physical work Have sex gently	Heavily exert yourself Go jogging or golfing Ride a bike Do weightlifting Roughhouse with kids Go swimming, bathing Jump or strain Disturb your incision
<b>AFTER SEVEN DAYS</b> there are no restrictions on activities.		