

Post Vasectomy Aftercare Instructions

1. Have someone drive you home. Sudden lightheadedness or fainting could impair your driving ability and endanger yourself and others. For the remainder of the day, rest and avoid getting up unnecessarily. Tomorrow you can return to normal activities, including driving 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, 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 activities, like running and jumping, or jarring activities, as in sports, even skiing or golf. Also avoid straining to lift, reach, or squat. These actions can 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:
 - A. Naproxen (Aleve) 220 mg tablets. Two at breakfast, one at lunch, and two at dinner, each day for seven days.
 - B. Ibuprofen (Advil/Motrin) 600mg, (3x200mg tablets) four times a day with meals, for seven days.
 - C. Patients with a history of ulcers or kidney disorder or intolerance to anti-inflammatory drugs should avoid these regimens. Call the clinic for advice.
 - D. If you are having severe pain, or need stronger pain medication, please call the clinic.**
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). We recommend treating this complication as soon as possible, and you should call us immediately.**
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 do not pinch 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/pus around the incision with a fever, please call us to discuss your symptoms.

SPECIFIC ACTIVITY GUIDELINES TO PREVENT COMPLICATIONS FOLLOWING VASECTOMY		
You must go directly from the clinic after your vasectomy and rest until the next day.		
	YOU MAY DO THIS	DO NOT DO THIS
Day of Surgery	<ul style="list-style-type: none"> • Eat and drink normally. • Sit, lie, or recline. • Watch TV/Use your computer. • Read a book. • Take Aleve, Tylenol, Ibuprofen. • Write Love Letters. 	<ul style="list-style-type: none"> • 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.
Next Seven Days	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Heavily exert yourself. • Go jogging or golfing. • Ride a bike. • Do weightlifting. • Roughhouse with kids. • Go swimming, bathing. • Jump or strain. • Disturb your incision.
After Seven Days there are no restrictions.		

Your DrSnip Doctor is on call, 24/7

Your DrSnip doctor is on call for you, 24/7. To reach your doctor, simply call the clinic and our receptionist will assist you. If your problem is urgent and requires the Doctor's attention after hours, call us and follow the automated prompts to page your doctor.

Semen Testing

Remember that you must pass a semen test to ensure your vasectomy was successful. DrSnip offers mail-in semen testing that can be purchased at the clinic the day of your appointment or anytime thereafter over the phone/online. We recommend you wait 8 weeks before completing your semen test – to increase the likelihood of an “All Clear” test result – though you may choose to test sooner if you wish. Mail-in tests are not covered by insurance.

Tests can also be ordered at any laboratory that performs post-vasectomy semen testing. DrSnip must place this order for you, and we will need the laboratory's information. In either instance, we will receive the results directly from the laboratory and will contact you with the results.