

After Vasectomy Instructions

1. **Have someone drive you home today.** Do not drive for at least 2 hours after surgery. 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 ten minutes. Do NOT apply antiseptic or band-aids. Icing is usually not recommended.
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, if needed. An **anti-inflammatory regimen** is often recommended if there is persistent achy pain:
 - Aleve 220 mg, 2 tablets with breakfast, 1 with lunch, and 2 with dinner, each day for 7 days, or
 - Ibuprofen 200 mg, 3 tablets four times a day with meals for 7 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 (see below).
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 done. 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 complete a **test of success**. The test is to be scheduled at the clinic at no additional charge. Please follow the “VASECTOMY TEST INSTRUCTIONS” you received. Should you wish assurance against late failure, repeat semen tests are available at future times at no charge.

To reach the clinic, call 206.525.4090, 24 hours/day. You may leave a message after hours.
IF YOUR PROBLEM IS URGENT AND REQUIRES THE DOCTOR’S ATTENTION BEFORE THE OFFICE REOPENS, you may follow the instructions to page the doctor.

Please follow these guidelines

<p align="center">Specific Activity Guidelines to Prevent Complications Following Vasectomy</p>		
<p>You must go directly home from the clinic after your vasectomy and rest until tomorrow.</p>		
	YOU MAY DO THIS:	DO NOT DO THIS:
TODAY	<ul style="list-style-type: none"> Eat & drink normally Sit, lie, or recline Enjoy TV, videos, reading, computer work Take Aleve, Tylenol, ibuprofen, aspirin 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 or attend social gathering Engage in sexual activity
NEXT 7 DAYS	<ul style="list-style-type: none"> Do office 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 weight lifting Roughhouse with kids Go swimming, bathing Jump or strain Disturb your incision
<p align="center">AFTER 7 DAYS there are no restrictions on activities.</p>		