DrSnip

Vasectomy Aftercare Instructions

Vasectomy Risks

As with any surgical procedure, complications do occur occasionally. Most of these complications are minor and temporary and are easily treated with rest and medication. Serious complications occur in less than 1% of all vasectomies.

WHAT COMPLICATIONS CAN OCCUR?	WHAT TREATMENT IS REQUIRED?
Inflammatory response, tenderness along the vas or around the testis and epididymis may occur after three to five days, usually just on one side, in one out of 20 patients (5%).	Anti-inflammatory medicine, such as Aleve or ibuprofen. The inflammation usually subsides within a few days.
Bleeding from the skin opening.	Controlled with direct pressure.
Infection of the scrotum (0.1%).	Antibiotic or other treatment.
Sperm granuloma, a tender, inflamed bump in the scrotum, in response to sperm leaking into the tissues. Delaying ejaculation during the first week after vasectomy may reduce the risk, but it can occur spontaneously at any later time (1.5%).	Usually no treatment is required; it resolves spontaneously, over time.
Scrotal hematoma is a large collection of blood inside the scrotum, where a blood vessel has leaked. A large swelling in the scrotum would be noticeable, usually within 48 hours after vasectomy (0.1%).	Requires immediate treatment with strict bed rest, ice, and elevation. Surgery to stop the bleeding is very rarely necessary.
A sensitive scar or neuroma may form along the vas at the site of vasectomy.	Rarely bothersome enough to require injection with medicine or surgical removal.
Allergic reactions or other unusual reactions to anesthetics, medications, or surgery can occur even with no prior history of reaction or drug allergy. These reactions are very rarely serious or life threatening.	Medication and/or rest.

Vasectomy Aftercare

1. **Have someone drive you home:** Sudden lightheadedness or fainting could occur, impairing your driving ability and endangering yourself and others. Rest and avoid getting up unnecessarily. You may return to driving, normal activities, and light duty work the day after the procedure.
2. **Wear snug-fitting briefs:** For protection and comfort during the first week. Leave the gauze in place until the day after the procedure, 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.
4. **Avoid strenuous activity for seven days:** This includes running, jumping, or any jarring movements, such as any sports, including skiing or golf. Also avoid straining to lift, reach, or squat. These actions can cause bleeding inside the scrotum.
5. **Request light duty if your work is physical:** Prevention is the best remedy.
6. **You may feel mild discomfort for the first 1-2 weeks:** You may take acetaminophen (Tylenol) and ibuprofen (Advil/Motrin) or naproxen (Aleve), as needed. It is not necessary to ice if you feel fine, but if you have discomfort, icing can help. Ice every 1-2 hours as needed for 15-20 minutes. Do not ice directly on the skin; ice over underwear or a towel.
7. **Healing usually takes about 6 to 8 weeks**: It's normal to feel some occasional discomfort during this time—especially with activity. When getting back to things like exercise, biking, or sex, ease in gradually to avoid discomfort. You can take acetaminophen (Tylenol), ibuprofen (Advil/Motrin) or naproxen (Aleve), as needed.
8. **Red or brown color in the semen:** This is normal in the first couple months.
9. **A painless bruise (black-and-blue color):** This can 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.
10. **If there is persistent achy pain, we recommend an anti-inflammatory regimen:**
    - Naproxen (Aleve) 220 mg tablets. Two at breakfast, one at lunch, and two at dinner, each day for seven days, **or**
    - Ibuprofen (Advil/Motrin) 600 mg, (3x200mg tablets) four times a day with meals, for seven days.

Patients with a history of ulcers, kidney disorder, or intolerance to anti-inflammatory drugs should avoid this regimen and call the clinic for advice.

If having severe pain, or need stronger pain medication, please call the clinic.

11. **If you develop a large bluish lump inside the scrotum the size of a golf ball:** This may be a hematoma. It is important to treat this complication early. Call the clinic ASAP, day or night.
12. **Any excessive pain or swelling, bleeding, or redness or pus around the incision with a fever:** If this happens, call the clinic for advice.
13. **Peppercorn to pea-size nodule:** You may feel this on either side of your scrotum on the vas deferens, where the vasectomy was performed. This scar is normal and permanent. Initially it will be tender if you pinch it (do not pinch it) The tenderness will subside within a few months.
14. **Avoid sexual activity for a few days:** Gentle sexual activity that does not disturb the incision is allowed after the first few days. But you must use some other method of birth control until your semen is tested negative for sperm.
15. **Any questions or concerns about how you are healing:** Please always call the clinic for advice.

Semen Testing

To confirm your vasectomy was successful, a semen test is required. You have two testing options:

1. Local Laboratory: We can place an order with any lab that performs post-vasectomy semen analysis. Please provide us with the lab name and information.
2. Mail-in Testing: DrSnip offers a mail-in semen test through a third-party lab. Kits can be purchased at your appointment or later by phone and will be shipped to your home. These tests are not covered by insurance and must be paid for by the patient.

In both cases, we receive the results directly from the laboratory and will notify you of the results.

Testing must be done **no earlier than 8 weeks** after your procedure **and** after at least **15–20 ejaculations**.

Post-Vasectomy Activity Guide

The following table illustrates what you can and cannot do the day of your vasectomy and the week following the procedure.

ACTIVITY GUIDELINES TO PREVENT COMPLICATIONS FOLLOWING VASECTOMY		
	YOU MAY:	DO NOT:
Day of surgery: You must go directly home after your vasectomy. Rest until the next day	✓ Eat and drink normally ✓ Sit, recline, or lie down ✓ Enjoy TV, reading, computer work ✓ Ice, if desired ✓ Take Aleve **or** Ibuprofen ✓ Take Tylenol ✓ Write love letters	× Drive yourself home × Return to work × Go out to eat or shop × Exercise, go for a walk × Have guests over × Go visit friends × Engage in sexual activity
Next 7 days:	✓ Do office or bench work ✓ Go walking ✓ Drive your car ✓ Lift/carry up to 40 lbs. ✓ Go shopping ✓ Take showers ✓ Do light physical work ✓ Have sex gently – don't disturb the scrotum	× Heavily exert yourself × Go jogging or golfing × Ride a bike × Lift/carry more than 40 lbs. × Roughhouse with kids × Go swimming, bathing × Jump or strain × Disturb your incision

There are no restrictions after 7 days.