

## 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. More serious complications occur in less than 1% of all vasectomies, and less than 1 in 1,000 DrSnip patients.

| 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 incision.   | 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.                             | Medications or rest.  |

## Vasectomy Aftercare

- 1. Have someone drive you home:** 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, 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:** This includes running, jumping, or jarring, as in sports, even skiing or golf. Avoid straining to lift, reach, or squat. These actions can cause bleeding inside the scrotum.
- 5. Request light duty if your work is physical:** Remember, "Prevention is the best remedy."
- 6. 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.
- 7. Blood or a brown color in the semen:** Seeing this is normal in the first few weeks.
- 8. You should expect only mild discomfort for a few days:** You may take Tylenol and ibuprofen or Aleve, as needed.
- 9. 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) 600 mg, (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.

- 10. A painless bruise or 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.
- 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 day or night.
- 12. "BB" 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 resolve within a few months.
- 13. Any excessive pain or swelling, bleeding, or redness or pus around the incision with a fever:** If this happens, call the clinic for advice.
- 14. Any questions or concerns about how you are healing:** Please always call the clinic for advice.

## Semen Testing

You must pass a semen test to ensure your vasectomy was successful.

You can request the test either at a local laboratory or through DrSnip. DrSnip offers mail-in semen testing through a third-party laboratory. The test kit can be purchased at our clinic the day of your appointment, or anytime thereafter over the phone. After purchase, 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. If you wish to have a semen test at a local laboratory, we can place the order with any laboratory that does post-vasectomy semen testing. Please provide us with the laboratory's information.

In both instances, we will receive the results directly from the laboratory and will call you with the results.

## 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:   |
| <p><b>Day of surgery:</b><br/>You must go directly home after your vasectomy. Rest until the next day</p> | <ul style="list-style-type: none"> <li>• Eat and drink normally</li> <li>• Sit, recline, or lie down</li> <li>• Enjoy TV, reading, computer work</li> <li>• Take Aleve <b>or</b> Ibuprofen</li> <li>• Take Tylenol</li> <li>• Take ibuprofen</li> <li>• Write love letters</li> </ul>                   | <ul style="list-style-type: none"> <li>• Drive yourself home</li> <li>• Return to work</li> <li>• Go out to eat or shop</li> <li>• Exercise, go for a walk</li> <li>• Have guests over</li> <li>• Go visit friends</li> <li>• Engage in sexual activity</li> </ul>                                    |
| <p><b>Next 7 days:</b></p>  | <ul style="list-style-type: none"> <li>• Do office or bench work</li> <li>• Go walking</li> <li>• Drive your car</li> <li>• Lift/carry up to 40 lbs.</li> <li>• Go shopping</li> <li>• Take showers</li> <li>• Do light physical work</li> <li>• Have sex gently – don't disturb the scrotum</li> </ul> | <ul style="list-style-type: none"> <li>• Heavily exert yourself</li> <li>• Go jogging or golfing</li> <li>• Ride a bike</li> <li>• Lift/carry more than 40 lbs.</li> <li>• Roughhouse with kids</li> <li>• Go swimming, bathing</li> <li>• Jump or strain</li> <li>• Disturb your incision</li> </ul> |

There are no restrictions after 7 days.