



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Post-operative instructions for

Vasectomy

Diet

1. It is okay to resume a regular diet with restrictions as tolerated.

Activity

1. Avoid strenuous activity for two weeks.
2. You may shower after the procedure.
3. Do not lift over 20 lbs. for six weeks from the surgery date.
4. You may resume sexual activity when you feel comfortable. *You are still considered fertile until cleared by the lab!*

Wound Care

1. You will have stitches to close the incision. You will need to return to the office for the stitches to be removed in a week. (Call for an appointment).
2. If the incision does separate and you find a discharge, don't worry. Just treat it like a normal skin wound. Cleaning it with hydrogen peroxide. You may also use a commercial brand of cream antiseptic.
3. Go home and relax. This is the most important of care instructions you can follow. Put an ice bag on the scrotum, over the supporter, to reduce minor swelling for the rest of the day (20 minute intervals). The only pain medication that should be necessary is Tylenol.
4. Black and blue (bruising) of the scrotal skin and minor swelling is quite normal.
5. Complications to this procedure are infrequent. However, you must watch for heavy swelling of the testicle. If the scrotum starts to appear dark and is painful or looks two or three times its normal size, you should call our office and ask to speak to the nurse.

Follow-Up

1. You are still considered fertile and should continue the use of the present birth control method you are now accustomed to. You can still father a child until all sperm are gone.
2. At your post-operative visit, you will be given a set of instructions along with a specimen cup to take to LabCorp to evaluate your sperm count. After you have discarded 15 ejaculations, collect the specimen and take to LabCorp. This needs to be taken within 30 minutes of collection. You may call our office for results; they should be in after 5-7 days.

Please feel free to call for any questions or concerns!