

San Buenaventura Urology

in association with Community Memorial Health System

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Adult & Pediatric Urology

POST OPERATIVE VASECTOMY INSTRUCTIONS

1. Today's operation does not immediately protect you from getting a woman pregnant. Continue to use some other method of birth control until you have had your semen analyzed twice and have been told (you are all clear!) that it contains no sperm each time. Bring your sample to our office, phone first to make sure a medical provider is here to view it microscopically.
2. It is recommended that you wait at least 3 days before resuming sexual activities. If you are having discomfort, wait a little longer. Having ejaculations too soon after a vasectomy may increase the chance of minor problems developing, including rejoining of the tubes.
3. Ejaculations help to clear the passage of sperm. You and your partner must use some other method of birth control until you are told that you may discontinue its use.
4. For two days after the operation, do not do any work that requires heavy lifting, pushing, straining, etc. You may do light work as soon as you wish.
5. Use cool gel packs or ice packs for two days, on and off the scrotum for 48 - 72 hours after the operation, "frozen bag of peas" works well too. Keep the incisions dry for two days following the operation. You may resume normal showering at 48 hours post-surgery.
6. Some bruising, drainage or oozing from the incision, swelling or mild tenderness of the scrotum is common. Sometimes, the edges of the puncture site pull apart and this prolongs the healing. These events happen occasionally and are nothing to worry about.
7. Wear an athletic supporter or "Jock Strap" for comfort for as long as you need it. It provides comfort, support and protection for the wound.
8. If you have pain or discomfort immediately after the vasectomy, take two Tylenol tablets every 4 -6 hours as needed. The ice pack also provides comfort. We will occasionally give an Rx for #20 hydrocodone/Tylenol tablet for moderate to severe discomfort. Remember, pain medication causes constipation, so use an OTC laxative or stool softener to promote normal bowel movements.

9. Stitches are rarely placed as we do "no scalpel Vasectomy," however, sometimes they are used. They do not have to be removed, they absorb and dissolve on their own in about 10 days.