

## INSTRUCTIONS AFTER YOUR VASECTOMY

(Please save this and read before and after procedure)

1. **Go directly home** after the vasectomy. You should simply stay at home and **be sedentary**, except to eat or go to the bathroom, and you will have a virtually pain-free recovery over the next several days.
2. No need for frozen peas or ice packs unless you get some swelling or pain- usually from not taking it easy enough. Cold packs and additional rest may help if significant swelling does occur for some reason.
3. Take over-the-counter acetaminophen (Tylenol™), ibuprofen (Motrin™ or Advil™) or naproxen sodium (Aleve™) for pain or discomfort if you need to.
4. **Keep the area dry overnight**, and then you may remove the scrotal support each day to take a shower starting the morning after. Do not soak in a bath, pool, lake, or hot tub for 3 days. There is no need for gauze after the little opening is dry and not sticking to the gauze anymore. Never put wet gauze on the area. Continue to **wear the scrotal support** for the next 5 days for normal activity, **but use it for sports and strenuous activity for at least 7 days**. You may switch to supporting briefs whenever you want.
5. On the day after the vasectomy you may walk and drive as much as you want, but no sports, swimming, yard work or heavy lifting. Men with non-strenuous jobs may return to work the day after the procedure.
6. Two days after your vasectomy you may return to more strenuous work and normal activities if you **wear your scrotal support**. Wait at least 3 days for aggressive sports and wear the support for at least one week while engaging in sports, longer if needed. Stop the activity for that day if you experience pain or swelling.
7. Gradually ease into your normal workout routine (or strenuous job activities) 3-4 days after the procedure, but be willing to stop and rest if you get any swelling and/or significant pain. Its best to do half your usual workout, see how it goes until the following day, then advance as tolerated.
8. **You may have sex 3 days after the procedure**. It is unusual but possible to see **blood** in the semen. If this happens, there is nothing to worry about, and it will go away.
9. It is common to see bruising, and sometimes it does not appear until 4-5 days after the vasectomy. It may start out small, get larger, and then it will gradually go away. This can be on the penis as well as the scrotum.
10. **Call for severe pain, a large amount of swelling, fever, chills, or expanding redness around the opening or any other signs there may be an infection.**
11. No visit to the office is needed routinely for follow up; just the semen analysis in three months.
12. Some men (about one in 20) will develop **swelling or discomfort** on one side, sometimes on both sides, starting anytime from 3 days to 3 months following vasectomy. This usually represents an exaggerated form of the normal **inflammatory response** necessary for sperm resorption and recycling (sperm granuloma). It is effectively managed with 7 days of ibuprofen 600 mg 3 times per day scheduled plus rest and/or scrotal support.
13. **Remember vasectomy is not immediately effective and an alternative form of birth control must be used until a semen analysis is done and shows that there are no more sperm in your semen.**
14. **You must get a semen analysis done three months after the procedure.** It is ideal to have had at least 20 ejaculations by then. If you fail to have an analysis done, you are taking an unnecessary risk of getting your partner pregnant. A mailer has been provided for you to send the specimen in. **Do not bring the specimen to the office!** There is no charge for the semen analysis done by Dr. Snyder. **It is very important that you read and follow the instructions supplied with the mailer.** Collect the semen the night before, or the morning of the day you plan to mail it. **Monday is the best day to place your specimen in the mail.** Use any clean container with a large enough opening (a rinsed and dried prescription bottle, for example) to catch the specimen, and transfer it to the small tube that comes with the mailer. Close the lid tightly and wipe off the outside of the container before mailing it. Dr. Snyder will text you with the results once he has looked at the specimen (usually within a week). **Be sure to fill out the form in the mailer!** Please text Dr. Snyder if a week has passed since you mailed the specimen without hearing any results. This test at 3 months is the most accurate way to find out if you are safe to rely on your vasectomy forever. Some patients want to “jump the gun” however, and rely on vasectomy sooner than 3 months. There is a kit that can be purchased for an in-home semen test that is easy to use, FDA approved and is 95% accurate. The kit is called “Spermcheck Vasectomy”, and can be ordered through Amazon.com and other retailers. Even if you choose to do this, you should still submit your semen to Dr. Snyder for final evaluation.