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POST-OPERATIVE INSTRUCTIONS FOR VASECTOMY

DIET: You may return to your normal diet as soon as you arrive home.

ACTIVITY:

Your physical activity should be restricted during the first forty-eight hours. During that time, you should avoid strenuous activity.

During the first 7 days following surgery you should avoid sexual activity and lifting heavy objects (anything greater than fifteen pounds or anything that causes pain/discomfort on lifting).

You should plan to wear a tight pair of **jockey shorts** or an **athletic support** for the first 6-7 days or till you are pain free, even to sleep. This will keep the scrotum immobilized to some degree and keep the discomfort and swelling down.

If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer if needed.

ICE PACKS: With our minimally invasive No-SNIP Vasectomy, there is no need for icepack.

WOUND CARE:

There are no sutures on your scrotum. In most cases, the tiny skin puncture through which the vasectomy was performed will seal in 2 days. You can shower safely after 48 hours. If there is generalized redness, especially with increasing pain or swelling, let us know immediately. The scrotum could possibly get 'black and blue' as blood in the tissues spread. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

HYGIENE:

You may shower 48 hours after surgery. Tub bathing should be restricted until the 7th day.

MEDICATION:

You may take Aleve or Tylenol (acetaminophen) for pain. You may be given a prescription of antibiotics. You should fill it from pharmacy. You were given the first dose of antibiotics in office.

PROBLEMS YOU SHOULD REPORT TO US:

- a. Fever or 100.5 degrees Fahrenheit.
- b. Moderate or severe swelling under the skin puncture or involving the scrotum.
- c. Drug reactions such as hives, a rash, nausea or vomiting.

FOLLOW-UP:

Your follow up appointment is at 3 months after the procedure. At the time of discharge from our clinic, you will be given a dated order for semen analysis and an empty sterile cup. The semen test is to be performed 3months after the procedure. You should take your semen specimen in that cup to a lab for examination. The specimen can be carried in your pocket or a brown bag and must be examined by the lab with in 1 hour. Call lab for directions on specimen collection before taking in the specimen.

You should practice **PROTECTED** intercourse until you have a negative semen analysis