



**Arif H. Agha, M.D.**

**Vasectomy Specialist Clinics of Chicago**

Phone: 312-473-7647

Fax: 630-990-4245

[www.vasectomyspecialist.com](http://www.vasectomyspecialist.com)

## **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 the first forty-eight hours. During that time you should avoid strenuous activity. During the first 7 days following surgery you should avoid lifting any heavy objects (anything greater than fifteen pounds). If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer if needed. You should plan to wear a tight pair of **jockey shorts** or an **athletic support** for the first 4-5 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

**Ice packs** may be placed on and off over the scrotum for the first 48 hours. Frozen peas or corn in a ZipLoc bag can be frozen, used and re-frozen. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down.

### **WOUND:**

In most cases your incision will have no sutures and the wound will seal in 1 or 2 days. You can shower safely after 48 hours. If there is generalized redness, especially with increasing pain or swelling, let us know. The scrotum could possibly get 'black and blue' as blood in the tissues spread. Sometimes the whole scrotum will turn colors. 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 Tylenol (acetaminophen) for pain. It is the safest of all the pain relievers, because it causes no bleeding. Aspirin is to be avoided. Advil (ibuprofen) has some aspirin like effects but is a stronger pain reliever that can be used if the Tylenol is not working. You may be given a prescription of antibiotics and narcotic analgesic

### **PROBLEMS YOU SHOULD REPORT TO US:**

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

### **FOLLOW-UP:**

You need **NO** routine follow-up visits to have us examine you unless problems arise. You will need to have a semen analysis however to make certain that the vasectomy was successful. First, wait 7 days before having any type of sexual activity or ejaculation. Then use **PROTECTED** intercourse until you have a negative semen analysis. This should be performed about 10-12 weeks after the vasectomy. You should take semen specimen in a small jar to the lab for examination. Call lab for directions on specimen collection before taking in the specimen.