

### POST-VASECTOMY INSTRUCTIONS

1. **Have someone drive you home today.** For the remainder of today, rest and avoid getting up unnecessarily. Tomorrow you may return to driving, normal activities, and light duty work.
2. **Wear snug fitting briefs** for protection and comfort during the first week. If there is any gauze or bandage, leave it in place until tomorrow, then discard it.
3. **Avoid touching or disturbing the incision.** Keep the area dry for two days. You can shower after two days. Avoid bathtub, swimming pool, or jacuzzi for at least 2 weeks. Make sure to completely dry the area after the shower, and apply neosporin antibiotic ointment to the suture line afterwards.
4. **Avoid strenuous activity for 1-2 weeks.** Strenuous activity includes sporting activities such as running, jumping, skiing or golf. **Also avoid straining** to lift, reach, or squat. These actions may cause bleeding inside the scrotum. Request light duty at work.
5. **Avoid sexual stimulation for 1-2 weeks.** Gentle sexual activity that does not disturb the incision is allowed after the first couple of days. However, hold off on rigorous sexual activity or intercourse for at least one week or until swelling and discomfort has resolved. **YOU MUST CONTINUE TO USE BIRTH CONTROL** after the vasectomy until your semen is tested negative for sperm. It is normal to notice **blood or a brown color in the semen** during the first few weeks.
6. You should expect mild discomfort for a few days. You may take Tylenol as needed. You may also take ibuprofen with food as needed. You may take the above no more than every 4-6 hours. If your discomfort does not respond to the above, please contact the doctor. **You can also apply an ice pack** or bag of frozen peas as needed.
7. A painless bruise or black-and-blue color might appear around the scrotum and the base of the penis on the second or third day. It is harmless and will fade over several days.
8. On each side of the scrotum, you may develop a pea-sized nodule where the vasectomy was done. This is normal, and may persist. Initially it will be tender if you pinch it (so stop pinching it!). The tenderness will resolve over the next few weeks.
9. If you have questions or concerns about how you are healing, or if you have excessive pain, swelling, bleeding, or pus around the incision with fever, please call the doctor.
10. **You must continue to use protection during intercourse after your vasectomy.** You will submit semen analysis tests (at least 10 weeks or more after the vasectomy) to check for sperm. Do not stop using protection until you have reviewed the results with your doctor.

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Patient Signature

Date

After Vasectomy  
Instructions guidelines

Specific Activity Guidelines to Prevent Complications Following Vasectomy		
You must go directly home from the clinic after your vasectomy and rest until tomorrow.		
	YOU MAY DO THIS:	DO NOT DO THIS:
TODAY	Eat & drink normally Sit, lie, or recline Enjoy TV, videos, reading, computer work Take Aleve, Tylenol, ibuprofen,	Drive yourself home Return to work Go out to eat or shop Exercise, go for a walk Entertain guests or attend social gathering Engage in sexual activity
NEXT 7 DAYS	Do office work Go walking Drive your car Lift and carry less than 40 lbs Go shopping Take showers Do light physical work Have sex gently	Heavily exert yourself Go jogging or golfing Ride a bike Do weight lifting Roughhouse with kids Go swimming, bathing Jump or strain Disturb your incision
AFTER 7 DAYS there are no restrictions on activities.		