

Vasectomy Postoperative Instructions

Vasectomy is a relatively simple outpatient surgical procedure. With proper care you should recuperate quickly. Although this is not a medically serious procedure, the testes are very tender and there can be significant discomfort following this surgery. The following instructions are intended to reduce your discomfort and answer many common questions. However, do not hesitate to contact me at 410-955-3617 should you have any further questions or problems arise. For medical issues occurring non-business hours (and you feel it is vital that you speak to a physician) please call 410-955-6070 and ask the operator to page the Urology Resident on call

- Use an ice pack to the scrotum for the first 24 hours.
- Plain Tylenol is usually adequate for pain relief. However, if this is not sufficient for you, I have provided you with a prescription for a narcotic analgesic. Please take your pain medicine as needed and contact me if you need more.
- You may resume full activities (climbing stairs, driving, etc.) as tolerated within 24 hours.
- No sexual activity until you are completely recovered, typically one week.
- You may eat regular food the day of your surgery.
- No showers or bathing for 24 hours.
- Mild bleeding from the incision site is normal. Lying down and applying mild pressure onto the incision will stop the bleeding. Please contact my office immediately if you experience more significant bleeding.
- Leave the athletic supporter on for 24 hours and continue wearing it as long as it makes you feel more comfortable.
- The sutures are dissolvable and do not need to be removed.
- A modest amount of drainage from the incision is normal. Please call me if you think it is excessive or if you are concerned about infection.
- A follow up office visit for a wound check is optional at 10 days after your surgery. Please call my office to arrange this, 410-955-3617.
- **You are not sterile immediately following the procedure and must continue to use contraceptive methods until a sperm count is obtained showing zero sperm.**
- It takes approximately 12 ejaculations to clear out all of the sperm from your system. Please schedule a semen analysis test for two months after your vasectomy by calling 410-955-3617. Make sure that you schedule a “**post-vasectomy**” semen analysis.