



Home Care After a Vasectomy

The local anesthesia usually lasts about one hour after the procedure. After this time you may experience dull aching. If so, you may try these recommendations in this order: 1) Rest with your legs elevated. 2) Apply an ice bag to the scrotal area. 3) Take two Tylenol tablets or similar pain relievers at 4-6 hour intervals. This is usually sufficient to provide relief from the discomfort.

You may shower on the day following the vasectomy, and any time thereafter. You may apply soapy water gently to wash the scrotum. Rinse and dry by blotting the skin, not rubbing. After 48 hours hot baths once or twice daily for 5-10 minutes are helpful in speeding the healing of the incisions.

Wear the scrotal supporter for 24 hours. Thereafter, you may wear it as long as you are more comfortable with it than without it.

Avoid strenuous physical exercise for 5-7 days. You may perform all other normal duties. However, as in all cases of surgery, the recovery period greatly depends upon the recuperative powers of the individual, and therefore varies substantially from person to person.

The skin stitches will dissolve themselves. They do not require removal. If a stitch comes away prematurely, the incision may open a little and possibly a small discharge from the wound or, or slight amount of bleeding may develop. Do not worry about this. Continue to bathe as before, and place a small gauze pad inside the supporter, which you are to wear until the incision dries up.

A small amount of oozing or blood (enough to stain the dressing), some tenderness, and mild swelling in the area of the incision are no unusual, and should subside within 72 hours. These should cause no alarm, but if there is unusual pain, a large swelling of the scrotum, or continued bleeding, feel free to call the doctor at any time.

As per instructions, bring a semen specimen in a clear jar. The specimen should be obtained 2 months after the vasectomy, having had a minimum of 15 ejaculations during that time. The specimen can be collected Monday through Friday and dropped by our office after 8:00am. Two negative semen specimens are required before sterility can be achieved. Many times, frequent sampling is needed before these two negative tests are accomplished.

Remember to continue usual contraceptive methods during intercourse, until advised by the doctor that it is no longer necessary. Do refrain from intercourse for one week following the vasectomy, then resume, using contraception.

PLEASE CALL THE DAY YOU BRING YOUR SPECIMEN TO BE CHECKED. A DOCTOR MUST BE IN THE OFFICE TO CHECK THE SPECIMEN.