

INSTRUCTIONS AFTER YOUR VASECTOMY

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1. **Go directly home** after the vasectomy and **be sedentary** except to eat or go to the bathroom, and you will have a virtually pain-free recovery over the next several days. Having some alcohol in moderation is safe.
2. No need for frozen peas or ice packs unless you get some swelling or pain, usually from not taking it easy enough. Cold packs may help if significant swelling occurs for some reason.
3. Take over-the-counter acetaminophen (Tylenol™), ibuprofen (Motrin™ or Advil™) or naproxen sodium (Aleve™) according to the label for pain or discomfort if you need to.
4. **Keep the area dry overnight** then you may remove the scrotal support each day to take a shower starting the morning after. Do not soak in a bath, pool, lake, or hot tub for 3 days. There is no need for gauze after the little opening is dry and not sticking to the gauze anymore. Never put wet gauze on the area. Continue to **wear the scrotal support** for the next 5 days and **use it for sports and strenuous activity for at least 7 days or longer**. You may switch to supporting briefs whenever you want.
5. On the day after the vasectomy you may walk and drive as much as you want, but no sports, swimming, yard work or heavy lifting. Men with non-strenuous jobs may return to work the day after the procedure.
6. On the 3rd day after your vasectomy its ok to return to more strenuous jobs if you **continue scrotal support**. Wait at least 5 days for aggressive sports and wear support or supporting underwear for at least 1 week while engaging in sports. Stop the activity for that day if you experience pain or swelling. Boxer wearers: It may be several weeks before you want to give up using support altogether.
7. Gradually ease into your normal workout routine 5 days after the procedure but be willing to stop and rest if you get any swelling and/or significant pain. Its best to do half your usual workout, see how it goes until the following day, then advance as tolerated. Runners: stay close to home or your car the first time or two out.
8. **You may have sex or masturbate on the 3rd day after the procedure**, provided the skin opening is well healed. It is possible to see **blood** in the semen. If this happens, there is nothing to worry about, and it will go away.
9. It is common to see bruising, and sometimes it does not appear until 4-5 days after the vasectomy. It may start out small, get larger, and then it will gradually go away. This can be on the penis as well as the scrotum.
10. **Call for severe pain, a large amount of swelling, fever, chills, or expanding redness around the opening or any other signs there may be an infection.**
11. No visit to the office is needed routinely for follow up; just send back the semen sample as instructed.
12. Some men (about one in 15) will develop delayed **discomfort** on one or both sides, starting anytime from 3 days to 3 months following vasectomy; sometimes with a tender or non-tender lump above the testis. This usually represents an exaggerated form of the **normal inflammatory response** necessary for sperm resorption and recycling (**sperm granuloma**). It is effectively managed with a course of ibuprofen 600 mg 3 times per day scheduled for 5 to 7 days plus rest and scrotal support. It is self-limited and the discomfort will go away without specific treatment, but you may feel a small bump above the testis indefinitely.
13. **Remember vasectomy is not immediately effective and an alternative form of birth control must be used until a semen analysis is done and shows that there are no more sperm in your semen.**
14. **Send your semen sample in when instructed three months after the procedure.** If you fail to have an analysis done, you are taking an unnecessary risk of getting your partner pregnant. A mailer has been provided for you to send the specimen. **Do not drop off the specimen at the office or the address on the specimen kit!** There is no charge for the semen analysis done by Dr. Snyder. **It is very important that you read and follow the instructions supplied with the mailer.** Collect the semen on the **Sunday eve or Monday morning specified and place your specimen in the mail.** Use any clean container with a large enough opening (a rinsed and dried prescription bottle or paper cup for example) to catch the specimen and then transfer it to the small tube that comes with the mailer. Close the lid tightly and wipe off the outside of the container before mailing it. Dr. Snyder will text you with the results once he has looked at the specimen (usually within a week). **Be sure to fill out the form in the mailer!** This test at 3 months is the most accurate way to find out if you are safe to rely on your vasectomy forever. Some patients want to “jump the gun” however and rely on their vasectomy sooner than 3 months. There is a testing kit that can be purchased for an in-home semen test. It is easy to use, FDA approved and is over 95% accurate. The kit is called “SpermCheck Vasectomy” and can be ordered through Amazon.com and other retailers. If you choose to use this, you should still submit your semen to Dr. Snyder for final evaluation for additional peace of mind.