

INSTRUCTIONS AFTER YOUR VASECTOMY WITH DR. DONALD SNYDER

1. **Go directly home** after the vasectomy and **be sedentary** at home the first day except to eat or go to the bathroom. You don't need to be lying down, but just be very inactive this first day. Follow these directions and you will have a virtually pain-free recovery. Drinking some alcohol in moderation is safe during recovery.
2. Frozen peas or ice packs are not needed, unless swelling or pain (usually from over activity) occurs. Ice packs (crushed ice in a baggie wrapped in a tee shirt) may help if significant swelling/pain occurs for some reason.
3. Take over-the-counter ibuprofen (Motrin™ or Advil™) or naproxen sodium (Aleve™) according to the label for pain or discomfort if you need it, and it works best if taken for a full week. Acetaminophen (Tylenol™) can be used as an alternative, if preferred.
4. **Keep the area dry overnight.** You may remove the scrotal support to take a shower starting the morning after. Do not soak in a bath, pool or hot tub or lake for three days. There is no need for the gauze after the little opening is healed, dry, and not sticking to the gauze anymore. Do not scrub, place ointment, or leave wet gauze on the area. Basically, forget about the opening unless it is bothering you.
5. Starting the day after the vasectomy you may walk from here to there as much as needed, but long walks, sports, swimming, yard work or heavy lifting should be avoided for 5 days. Men with non-strenuous jobs may return to work the next day, while men with jobs requiring walking, squatting, and lifting may need 3 days off.
6. You may have sex or masturbate the 3rd day after the procedure, provided the skin opening is well healed. It is possible to see blood in the semen or have pain with ejaculation occasionally while recovering. If this happens, there is nothing to do or worry about. It will go away.
7. Continue to **wear scrotal support** for the next 5 days at least and **use support for all sports and strenuous activity for the first 2 weeks or longer once you resume these activities.** Stop the activity if you experience pain or swelling and try again some later time. If you find the supporter, if one has been given to you, is uncomfortable you may switch to your own supporting briefs whenever you want. Support of the scrotum is important, but not the garment used to provide the support! If pain ensues after abandoning support, go back to using support. Boxer wearers: It may be many weeks before you want to give up using support altogether.
8. Gradually ease into your normal workout routine 5 to 7 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.
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. **Contact Dr. Snyder 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.** Sending a picture by text can be helpful.
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 a **lump, with or without discomfort** above the testis on one or both sides starting anytime from 3 days to 6 months following vasectomy. This usually represents an exaggerated form of the **normal inflammatory response** necessary for healing **and is called a sperm granuloma.** If it is tender, try a course of ibuprofen 600 mg 3 times daily scheduled for a full week; rest and a return to scrotal support may also help. The discomfort may come and go for a while until it fades completely. You may feel a small bump above the testis indefinitely. If you ever feel a lump in the testis itself, see your doctor.
13. **Remember vasectomy is not immediately effective; alternative birth control must be used until a Post Vasectomy Semen Analysis (PVSA) is done and shows that there are no more sperm in your semen.**
14. **For your Post Vasectomy Semen Analysis (PVSA), NoStork partners with VerifyVas, which is also Dr. Snyder's company. You will receive a complete collection kit with instructions by US Mail approximately 8 weeks after your procedure.** If your address changes soon after the procedure, contact Dr. Snyder right away. If you fail to have an analysis done, you are taking an unnecessary risk of getting your partner pregnant. There is no charge for this PVSA done through VerifyVas. **It is very important that you read and follow the instructions exactly that are supplied with the mailer.** Use US mail to return the sample. **You will receive an email with a link to your PVSA result when it is completed, usually between 1 and 2 weeks after you put your specimen kit in the mail.** If you have questions about the PVSA after receiving your kit, text Dr. Snyder before producing the specimen. This test is the most accurate way to find out if you are safe to rely on your vasectomy forever. **You will not receive any reminders to return the specimen, so act when it arrives.**