

**Dr. Snyder's Mobile # will be given to you on your vasectomy day.
Follow these instructions and you will have a virtually pain-free recovery!**

- 1) Be Sedentary** at home the first day. Reasonable alcohol intake is permitted during recovery.
- 2) Activity can be increased from being sedentary** beginning the day after the vasectomy.
- 3) No strenuous activity, long walks or squatting for 5 days. No working out for 7 days.** It is common to have a temporary increase in your discomfort as you increase your activity, but the pain does go away with enough time, so don't worry.
- 4) Ice or frozen peas are not needed** unless swelling or pain (usually from over activity) occurs. Crushed ice in a baggie wrapped in a tee shirt makes a good ice pack if needed.
- 5) Ibuprofen (Advil™) 600 mg (3 pills) scheduled 3 times daily for a full week** is recommended if discomfort persists. As an alternative Acetaminophen (Tylenol™) may be used.
- 6) Wear briefs for support indefinitely.** Boxer wearers may want to switch to briefs forever. We no longer supply an athletic supporter, even though the video says we do.
- 7) Keep the area dry overnight.** Wait and shower the morning after. Remove the gauze, then replace it after towel drying. Avoid soaking in any water until the skin opening is well-healed.
- 8) Do not scrub or place ointment on the skin opening** as it can delay healing.
- 9) You may have sex or masturbate 3 days after the procedure if you feel up to it.** It is possible to see blood in your semen within the first few weeks, but it will go away with time.
- 10) It is common to see bruising anywhere in the region** and may not appear until days after.

- 11) Text Dr. Snyder for severe pain, rapid swelling, fever, or expanding redness near the skin opening or any other signs of infection.** Sending a picture can be very helpful.

- 12) Sperm Granuloma may develop following a vasectomy. This is *NORMAL* and requires no treatment.** The lump(s) that are *above* the testes may never go away because it is scar tissue in the scrotum from vasectomy. Use Ibuprofen per item # 3 above if ever tender.

- 13) Do not rely on your vasectomy for birth control until you have had a negative PVSA!**

- 14) Post Vasectomy Semen Analysis (PVSA) is included.** You have registered for testing with your phone in the office using the QR code that was provided. A kit will be **mailed from our office 2 months** after your vasectomy. It arrives in a white envelope the size of a greeting card and includes all materials and instructions needed for you to return a specimen. If you think it could have been lost in the mail, please text Dr. Snyder about it, and provide your name and vasectomy date. **Once you have mailed the specimen back, it may take up to 2 weeks to get a link to the results via email. Your date of birth will open the results.** Please don't inquire about pending results unless 2 weeks have passed since you mailed it.

THANK YOU!!