**Vasectomy Instructions**

**Day of the Procedure**
- It is recommended that you have someone present to take you home
- Be prepared to take 2-3 days off of work

**After the Procedure**
- Go directly home and rest. Avoid getting up unnecessarily for the first 24 hours.
- Wear snug-fitting briefs for protection and comfort during the first week. If you notice bleeding from the incision, then firmly pinch the skin between gauze for ten minutes. Otherwise, avoid touching or disturbing the incision.
- If you wish to use an ice pack on the day of surgery, place it over your briefs, against the front of the scrotum for a maximum of 30 minutes at a time. Do not place ice directly on the skin.
- You may shower the day after the procedure. Avoid soaking in the tub, hot tub or swimming pool until 2 weeks after the procedure.
- Avoid strenuous activities for the next 7 days.
- Avoid sexual stimulation for a couple days. Gentle sexual activity that does not disturb your incision is allowed after the first couple days.
- You should expect only mild discomfort for a few days. You may take Tylenol and ibuprofen or Aleve, if needed. If you are having severe pain, or need stronger pain medication, please call your doctor.
- A painless black-and-blue color around the scrotum and the base of the penis might appear on the second or third day. It is harmless and will fade over several days.
- On each side of your scrotum, the vas deferens will develop a BB to pea-size nodule where it was blocked by vasectomy. This scar is normal and permanent. Initially it will be tender if you pinch it, (so stop doing that!) The tenderness will resolve within a few months.
- If you have any questions or concerns about how you are healing, if you have excessive pain or swelling, or redness or pus around the incision and a fever, please call the clinic for advice.

**Call your doctor if you experience any of the following**
- Fever greater than 100.5
- Significant scrotal swelling or bruising
- Signs of wound infection such as drainage, redness

**Follow-up semen test**
- It normally 6-8 weeks for the semen to exit your body. Try to ejaculate at least 25-30 times prior to the first semen analysis.
- You need 2 semen analyses which show no sperm present before you are considered sterile. The first semen analysis is performed at 6 weeks and the second at 12 weeks.
- **You must use some method of birth control until you have 2 negative semen analyses.**