

## After Your Vasectomy

Today you had a procedure called a “no scalpel vasectomy.” You will most likely feel fine when you go home. You may feel sore as the numbing medicine wears off. It takes weeks for the vasectomy to work. You should keep using your other birth control for now.

### What To Expect

For the first day: Keep the bandage on. You can expect some soreness, mild swelling, or bruising of the scrotum. You may take acetaminophen (Tylenol), naproxen (Aleve or Naprosyn), or ibuprofen (Motrin or Advil) for pain. Don't take aspirin for 2 days after the vasectomy. You may also use an ice pack for up to 20 minutes at a time. Please wait 24 hours before you take a shower or bath.

You can return to your normal, non-strenuous activities the day after your procedure. You may start sports and heavy exercise after 7 days.

Are there things you should not do? Yes. For 2-3 days, take it easy. Do not do any heavy activity, and do not have sex. Wear tight underpants whenever you are up for 2 days, and during moderate activity for 7 days. **DO NOT STOP YOUR OTHER BIRTH CONTROL.**

When can you have sex again? You may have sex 2-3 days after the procedure. It is normal to have some blood in the semen for the first few ejaculations.

You should call if:

- You get swelling and discomfort that does not improve with ibuprofen 600mg three times a day.
- Pus or more than a small amount of blood comes out of the vasectomy site.
- Your temperature is higher than 101 degrees.

To reach me:

My 24-hour number is:\_\_\_\_\_. Call if you have any questions, if you think something is wrong, or if you think you have an emergency. No question is too small. Please feel free to call me.

12 weeks and at least 20 ejaculations after your vasectomy, have your semen tested. If your semen no longer contains sperm, you can stop other forms of birth control. The semen sample should be made on the day it is examined. It can be 1-2 hours old. Please keep the semen at body temperature (next to your skin) until you bring it to the testing center. On or after:

\_\_\_\_\_ [MONTH/DATE/YEAR] bring a semen sample to:  
\_\_\_\_\_ [LAB], along with the lab slip we are giving you.

If sperm are seen, you will be asked to keep using your other birth control and to bring a new semen sample in 2-3 weeks. After 12 weeks and 20 ejaculations (both), 98% of men have no

sperm in their semen. One man in 50 has to repeat the test at least once.

Follow-up visit: As there are no stitches, no follow up visit is needed. You should return to the clinic or call 1 to 2 weeks after you bring your semen sample. We will go over your results.

Pregnancy Prevention: If you have sex without protection, your partner can use Emergency Contraception to prevent pregnancy. You can get this at any pharmacy.

Note: vasectomy does not prevent sexually transmitted infections (STI's)

Barrier methods, especially condoms, should be used to prevent transmission of STI's, including HIV/AIDS.