

After Your Vasectomy

Today you had a procedure called a “no scalpel vasectomy.” You will probably feel fine when you go home. You may feel sore as the numbing medicine wears off after 45 minutes or an hour. Please remember that it takes weeks after the vasectomy before it works. You should continue something else for birth control for now.

What To Expect

For the first 24 hours: Keep the bandage on. You can expect some soreness, mild swelling, or bruising of the scrotum. You may take acetaminophen (Tylenol), naproxen (Aleve or Nasprosyn), or ibuprofen (Motrin or Advil) for any discomfort. 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 go back to your regular, non-strenuous activities the day after your procedure. You may start sports and heavy physical activity again 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.
- Puss 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. You need to be sure that it no longer contains sperm to be safe to 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 continue your other birth control and to bring another

semen specimen in 2-3 weeks. After twelve 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. If you are 17 or older, Plan B is available 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