

## 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 until you have your semen tested 12 weeks after the procedure.

### What To Expect

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

For 24 hours, take it easy, rest, and put your feet up. You can return to your normal, non-strenuous activities the day after your procedure. Please wait 24 hours before you take a shower or bath. You may start sports and heavy exercise after 7 days.

### Are there things you should not do?

Yes. For the first 3-7 days, do not exert yourself, lift more than 15 pounds, or have sex. Wear tight underwear while active for the first week.

### When can you have sex again?

You may have sex 3-7 days after the procedure depending on how you feel. It is normal to have some blood in the semen for the first few ejaculations.

### You should call if:

- You get significant swelling and discomfort that does not improve with ibuprofen 800 mg three times a day.
- Pus or more than a small amount of blood comes out of the vasectomy site.
- Your temperature is higher than 100.4 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.

### When should you have your semen tested?

12 weeks and about 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, it is recommended 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 people have no sperm in their semen. One in 50 must repeat the test at least once.

### **Pregnancy Prevention**

If you have unprotected sex, your partner can use emergency contraceptive pills immediately to prevent pregnancy. You can get this at any pharmacy or from a clinician.

Vasectomy does not prevent sexually transmitted infections (STIs). Use barrier methods, like external or internal condoms, to prevent STIs including HIV.