



UROSURGICAL CENTER OF RICHMOND

VASECTOMY POST-OP INSTRUCTIONS

COMFORT INSTRUCTIONS:

1. Recline as much as possible the day of surgery. Increase activity slowly the following days. You may return to work a day or two after surgery if necessary, but avoid strenuous activity (lifting, straining). No lifting anything over 10 pounds.
2. An ice pack on the scrotum for approximately 24 hours may decrease the amount of swelling and discomfort.
3. Wearing brief type underwear or an athletic supporter for the week after surgery may make you more comfortable.
4. Discomfort can be relieved by non-prescription medication such as Tylenol or Ibuprofen. Avoid aspirin or aspirin containing products, as this can increase oozing from the incision.

If any of the following occur, please call your physician's office:

1. Swelling- your testicle doubles its normal size.
2. Redness- associated with significant pain or pus.
3. Pain- severe, unrelieved by pain medicine or comfort measures.
4. Drainage- cloudy or thick from incision.
5. Elevated temperature- greater than 100.5 F.
6. Bleeding- excessive amount unrelieved by firm pressure on incision.

"DO'S AND DON'TS"

DO

- Shower the day after surgery. Pat the incision dry, do not rub. It is not necessary to keep a bandage on the area unless it is more comfortable for you.
- You may resume protected sex after the soreness subsides, which could be up to 7 days.

DON'T

- Lift weights, jog, play tennis, golf, or racquetball for at least a week after your surgery.
- Do not drive the day of your surgery if you were given any type of sedation.

SPECIAL INSTRUCTIONS:

1. You are **not sterile** immediately following your surgery. You must continue birth control measures until cleared by the office. The Urosurgical Center of Richmond uses a company called Sperm Check to You will receive a call, within 48 hours after your procedure, from a SpermCheck representative related to semen specimen analysis. This semen analysis testing should take place at 12 weeks and 14 weeks after your procedure. It will not be accepted prior to that time frame. You must have two specimens void of sperm before you are considered sterile.
2. The incision stitches will dissolve in 7-10 days. The skin at the incision may even open a little. Keep the area clean and dry. You may clean the area with mild soap and water, and even apply an antibiotic ointment to promote healing.
3. Listen to your **BODY TALK**—when you have done too much, you will know it.