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## **POST VASECTOMY INSTRUCTIONS**

1. Today's operation does not immediately protect you from causing pregnancy. Continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm each time.
2. It is recommended that you wait at least 7 days before resuming sexual activities. You may resume sexual activities then if you are not having any discomfort, but having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or a rejoining of the tubes.
3. Ejaculations help to clear the passage of sperm, but you and your sexual partner must use some other method of birth control until you are told that you may discontinue its use.
4. For two days after the operation, do not do any work that requires heavy lifting, pushing, straining, etc. However, you may do light work as soon as you wish.
5. Keep the incisions dry for two days following the operation. Thereafter you may resume normal bathing.
6. Some black and blueness (bruising), draining (oozing) from the incision, swelling, or mild tenderness of the scrotum are not unusual. Also, the edges of the incision may pull apart and heal rather slowly, and sometimes a knot may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.
7. Wear a suspensory or athletic supporter only as long as you seem to need it for comfort.
8. If you have pain or discomfort immediately after the vasectomy, taking 2 Tylenol tablets every 4 hours should provide relief. Your doctor may also prescribe a narcotic for a few doses. After the local anesthetic wears off, an ice pack will provide additional comfort and can also prevent swelling if used for several hours at ½ hour intervals (½ hour on, then ½ hour off).
9. If stitches are placed, they do not have to be removed. They are absorbed and drop off by themselves, usually within 10 days, but may take longer.