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UROLOGY INSTITUTE OF THE SOUTH BAY A Medical Group

A Division of U.S.S.C.

POST VASECTOMY INSTRUCTIONS

You have just had a vasectomy. You should plan to return home and be off your feet for the next several hours- apply an ice pack to the scrotum for 20 minutes out of each hour, for four hours following surgery. It is important that you realize you are **not** sterile at this time. You will not become sterile until your reproductive ducts are clear of all remaining sperm. Normally, this takes between four to six weeks. Accordingly, you should continue to use all the precautions to prevent pregnancy that you have previously used up until this time. In six weeks you are to bring in a semen specimen to be checked for the presence of sperm- remember, use contraceptive techniques until you are informed that no sperm is in your semen.

No sexual activity should be attempted for approximately one week following the vasectomy.

You may have some local pain in the region operated upon. The best thing would be to avoid lifting or heavy activities for the next week and to rest around the house for the next day or two. You can expect some slight swelling (about the size of a walnut) and the scrotum will most likely turn partially black and blue. If the swelling seems to be excessive, if you develop a fever, or any other problem that concerns you, please be certain to call.

Normally, it is recommended that patients use Tylenol, two tablets every four hours, as needed for pain. A prescription will be provided for additional medication if necessary. Do not take aspirin or any aspirin-containing product for example (Advil, Excedrin, Alka Seltzer, etc.) as they may cause bleeding.

it is recommended that you wear an athletic supporter continuously when you are out of bed for the next week. You are to be seen again in approximately one week. Again, if for any reason you would like to be seen sooner, please call Urology Institute at (310) 534-8400.