

# THE VASECTOMY CLINIC™

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## After Vasectomy Instructions

1. **Keep the incision clean and dry for 24 hours.** Then you may take a shower and pat it dry. Do not rub.
2. **Rest today.** Stay home after surgery, recline, relax, and avoid getting up unnecessarily. **Tomorrow** you may return to light activities or work.
3. **Wear snug-fitting briefs** for protection and comfort during the first week. Keep clean gauze against the skin until tomorrow. Bleeding from the incision in small amounts can be handled by pinching the skin between clean gauze for ten minutes. Otherwise, it is best left undisturbed. Do not apply ointments or band-aids. If you wish to use an ice pack on the day of surgery, place it over your underwear, against the scrotum for a maximum of 30 minutes at a time.
4. **Avoid straining for seven days.** Bearing down, as in reaching, squatting, or heavy lifting might cause bleeding inside the scrotum.
5. **For seven days avoid bumping, bouncing, or jarring** as in contact sports, skiing, even golf, or other vigorous activity, which might also cause bleeding inside the scrotum. Remember, **“Prevention is the best remedy.”**
6. **Avoid sexual stimulation for seven days.** After this time, you may return to sexual activity, BUT YOU MUST USE SOME OTHER METHOD OF BIRTH CONTROL until your semen is tested negative for sperm. It is normal to notice **blood or a brown color in the semen** during the first few weeks.
7. You should expect only mild discomfort for a few days. You may take Tylenol and ibuprofen or Aleve, if needed. An **anti-inflammatory regimen** is often recommended if there is persistent achy pain:
  - Aleve 220 mg, 2 tablets with breakfast, 1 with lunch, and 2 with dinner, each day for 7 days, **OR**
  - Ibuprofen 200 mg, 3 tablets four times a day with meals for 7 days
  - Patients with a history of ulcers or kidney disorder or intolerance to anti-inflammatory drugs should avoid these regimens. Call the clinic for advice.If you are having severe pain, or need stronger pain medication, please call the clinic (see below).
8. A painless black-and-blue color around the scrotum and the base of the penis might appear on the second or third day. It is harmless and will fade over several days.
9. If you have an enlarging lump like a golf ball in the scrotum in the first two days, it may be a hematoma (blood accumulation). It is important to treat this complication early, so call the clinic day or night (see below).
10. If you have any questions or concerns about how you are healing, if you have excessive pain or swelling, or redness or pus around the incision and a fever, please call the clinic for advice.
11. Remember that you must complete a **test of success**. The test is to be scheduled at the clinic at no additional charge. Please follow the “VASECTOMY TEST INSTRUCTIONS” you receive.
12. Should you wish assurance against late failure, repeat semen tests are available at future times at no charge.

**IF YOU NEED TO REACH THE CLINIC, 24 HOURS/DAY**

**CALL 206.525.4090 OR 800.636.4090**

*Please follow these guidelines*

**Specific Activity Guidelines  
to Prevent Complications Following Vasectomy**

You must go directly home from the clinic after your vasectomy and rest until tomorrow.

	<b>YOU MAY DO THIS:</b>	<b>DO NOT DO THIS:</b>
<b>TODAY</b>	Eat & drink normally Sit, lie, or recline Enjoy TV or videos, reading, computer work Take Aleve, Tylenol, ibuprofen, aspirin	Return to work Go out to dinner Exercise, go for a walk Entertain guests or attend social gathering Go shopping
<b>NEXT 7 DAYS</b>	Do office work Go walking Drive your car Lift and carry less than 40 lbs Go shopping Take showers Do light physical work Write love letters	Heavily exert yourself Go jogging or golfing Ride a bike Do weight lifting Roughhouse with kids Go swimming, bathing Jump or strain Engage in sexual activity

**AFTER 7 DAYS** there are no restrictions on activities.