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No-Scalpel Vasectomy

Post-Procedure Care Instructions for Patients

THE FIRST 48 HOURS

- Go straight home and lie down. Rest as much as you can for the remainder of the day.
- **Apply ice** to the scrotum — 20 minutes on, 20 minutes off, while you are awake. A bag of frozen peas wrapped in a thin towel works well. Never place ice directly on skin.
- Wear supportive underwear or an athletic supporter continuously, including overnight.
- No lifting, straining, exercise, or prolonged standing.

WOUND CARE

- Keep the area clean and dry for the first 24 hours.
- After 24 hours you may shower. Let water run over the area; do not scrub. Pat dry gently.
- **No baths, hot tubs, pools, or swimming for 1 week** — do not soak the wound.
- If gauze was placed, you may remove it the next day. A small amount of spotting is normal.
- Any stitches used will dissolve on their own.

MEDICATIONS

- **Acetaminophen (Tylenol)** as directed on the package is usually enough for discomfort.
- **Ibuprofen** 400 mg with food may be taken as needed, up to 3 times daily, unless your provider told you to avoid it.
- Finish any antibiotic you were prescribed.
- Resume your other regular medications, including any blood thinner, when your provider tells you to.

ACTIVITY

- **Days 1-2:** Rest at home. Most men return to a desk job on day 2 or 3.
- **First week:** No heavy lifting (nothing over about 10-15 pounds), no strenuous work, no running, cycling, or gym.
- **After 1 week:** Gradually return to normal activity and exercise as comfort allows.
- If your work is physically demanding, plan on about a week before returning.

SEXUAL ACTIVITY

- Wait about **1 week** before resuming sexual activity or ejaculation, or until you are comfortable.
- Blood in the semen during the first several ejaculations is normal and will clear.
- Your erections, orgasm, testosterone, and the look and volume of your semen will not change.

WHAT IS NORMAL

- Soreness and aching for several days, improving steadily

- Bruising of the scrotum and base of the penis — sometimes dramatic-looking, often spreading and turning yellow-green before fading over 1-2 weeks
- Mild swelling
- A firm, sometimes tender lump at the procedure site that softens over weeks to months

YOU ARE NOT STERILE YET — KEEP USING BIRTH CONTROL

Sperm remain beyond the blocked tubes after a vasectomy. **You must continue using another form of birth control until we confirm your semen sample contains no sperm.** Bring in a semen sample about **8 to 12 weeks** after your procedure, after roughly 20 ejaculations. We will call you with the result. Do not stop other birth control until we tell you the sample is clear.

Semen sample appointment / drop-off date: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- Fever over 101°F or shaking chills
- Rapidly increasing scrotal swelling, or a scrotum that becomes large, hard, and very painful
- Bleeding that soaks through gauze and does not stop with 10 minutes of firm pressure
- Increasing redness, warmth, or pus-like drainage from the wound
- Pain that worsens after the first few days instead of improving
- Inability to urinate

For severe symptoms or an emergency, go to the nearest emergency room.