



# **Vasectomy**

## **POST-OP INFORMATION**

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## AFTER YOUR VASECTOMY

<b>GENERAL INSTRUCTIONS</b>	Wear the scrotal support for 72 hours. Thereafter, you may wear it as long as you are more comfortable with it than without it.
<b>DAY 1- SURGERY DAY</b>	Rest today. Stay home, recline, relax and avoid getting up unnecessarily. Put your feet up in an easy chair with an ice bag on your groin to reduce swelling and bleeding. When you leave the office, your athletic supporter will be in place and filled with gauze. Leave it in place for the remainder of the day.
<b>DAY 2</b>	You may walk around, but you should not engage in lifting or vigorous physical exercise. If swelling increases, sit down and relax as you did the first day. Showering is permitted. Continue wearing your athletic supporter. Gauze may be removed. You may shower 24 hours after the day of surgery. Please do not sit in a bath, pool, hot tub or lake for 5 days after the day of surgery. You may apply soapy water gently to the scrotum to wash. Rinse and dry by blotting the skin, rather than rubbing the area.
<b>DAY 3</b>	You may be as active as you desire, but continue wearing your athletic supporter until you are comfortable without it. Avoid strenuous physical exercise for 3-4 days. You may perform all other normal duties such as doing office work, walking, driving your car, lifting and carrying less than 30 pounds, taking showers, and doing light physical work.
<b>OOZING BLOOD</b>	A small amount of oozing blood (enough to stain the dressing), some tenderness and mild swelling in the area of the incision are not unusual and should subside in twelve to fourteen days. Bluish discoloration fading to green and yellow may be noted in the scrotal wall. These should cause no alarm but if there is an unusual amount of pain, a large swelling of the scrotum, or continuing free bleeding, feel free to call the doctor at any time.
<b>ENLARGED LUMP (LIKE GOLF BALL)</b>	If you have an enlarging lump like a golf ball in the scrotum during the first two days, it may be a hematoma (blood accumulation). It is important to treat this complication early. Please call the clinic.
<b>STITCHES</b>	All "stitches" will dissolve by themselves. They do not require removal. If a stitch comes away prematurely, the incision may open a little and possibly a small discharge from the wound or a slight amount of bleeding may develop. Do not worry about this; continue to bathe as before and place a small gauze sponge inside the support which you are to wear until the incision dries up.
<b>PAIN</b>	If you have pain or discomfort immediately after the vasectomy, take two (2) Tylenol tablets every 4 to 6 hours or prescribed pain medication ordered by your physician. An ice bag will provide additional comfort after the local anesthetic wears off, if used for several hours.
<b>INFECTION</b>	Infections are rare, but contact the physician if redness, swelling, tenderness, fever, or oozing of pus from the incision occurs.
<b>BRUISING</b>	Bruising over the scrotum is normal for up to about two weeks.
<b>GRANULOMA</b>	Some men develop a small nodule of tissue (granuloma) over the incision. Usually this is not painful and will go away.
<b>PRECAUTIONS AGAINST PREGNANCY</b>	Sexual activity can resume when comfortable, usually after seven days. Maintain the usual precautions against pregnancy until your specimen has been checked.