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POST VASECTOMY CARE INSTRUCTIONS

- An ice pack will provide some comfort after the local anesthetic wears off. Apply it for a few hours on and off immediately after the procedure to avoid discomfort and swelling.
- Tylenol is an acceptable OTC (over the counter) pain medication for any discomfort. Avoid medications containing Ibuprofen or Aspirin for 72 hours.
- Undergarments with significant support will be more comfortable during healing. The goal is to restrict excess movement and reduce bleeding or swelling. For example, we recommend compression shorts / tight boxer briefs instead of loose fitting boxers.
- Bed/couch rest is highly recommended for 3 days after the procedure
- You may shower the day following your procedure. Apply soapy water gently to the scrotum, rinse and blot dry.
- Avoid sitting in a bath tub, hot tub or swimming until incision is completely healed, usually about 2 weeks.
- Slight oozing of blood, some tenderness and swelling in the incision area is normal and generally subsides in 72 hours. If there is a significant amount of pain, swelling, discoloration of the scrotum or continued free bleeding, do not hesitate to call the clinic.
- Avoid strenuous activity, such as jogging or weight lifting for about 2 weeks. All other activities as usual.
- Stitches will dissolve by themselves. They do not need to be removed.
- You must maintain usual contraceptive precautions until you have confirmed that you are sterile.
- Specimens should be analyzed after 20-25 ejaculations.
- **Post-vasectomy semen analysis x 1 test is required. Fellow is a mail order test and is the most convenient way to confirm sterilization. Visit www.meetfellow.com to order your test.**
- CPT Code for Vasectomy is 55250