

HOME CARE INSTRUCTIONS FOLLOWING VASECTOMY

Page 1 of 2

Date: _____

ACTIVITY

1. The first 24 hours after the procedure should be spent relaxing. Limit your physical activity as much as possible. An ice pack applied intermittently to the scrotum for 24 hours after the procedure will ease both pain and swelling. Wear a scrotal supporter (jock strap) at all times, even while sleeping, for the first week after your vasectomy. You may take it off to shower.
2. Wait 48 hours after the procedure to shower.
3. You may resume light work in 2 or 3 days.
4. No heavy work, sports or lifting are allowed for 1 week.
5. No swimming or bathing for 2 weeks.
6. Sexual intercourse may be resumed in 10 days. **CONTRACEPTION MUST BE USED!** Frequent intercourse after the 10 days is encouraged to flush out any remaining sperm.

SURGICAL SITE CARE

1. A small amount of bright red blood on the gauze dressing is to be expected. **DO NOT BE ALARMED.** If you feel that the amount is excessive, or have any other questions, call the Dr. office. You should change the dressing with clean gauze 2-3 times per day until the incision is dry. Place antibiotic ointment in the incision with each dressing change.
2. You may experience a dull ache in the testicles and groin after the local anesthetic wears off. If needed, you may take Tylenol or your prescription pain medicine for discomfort.
3. Some scrotal swelling and/or black and blue bruising are common and will resolve in a few days.
4. There may be blood in the first few ejaculates after vasectomy. Do not be alarmed. This will clear after 3 or 4 ejaculations.
5. You will **NOT** be sterile immediately after your vasectomy. It usually takes 6 to 10 weeks **AND** 10-15 ejaculations to clear out old sperm.

6. **CONTRACEPTION MUST BE USED UNTIL THE ABSENCE OF SPERM IS CONFIRMED BY TWO CONSECUTIVE SEMEN ANALYSIS.**
7. Please remember to submit your semen analysis 6 weeks and 10 weeks after your vasectomy. You will need an order form and container for each. You do not need an appointment for the lab test. Take the specimen and order form to the hospital within 45 minutes of collecting it. Dr. will contact you either by letter or by phone with the results in about a week. If after a week you have not heard from a Dr., do not assume the test was fine, call for the results.

COMFORT

1. You may use ice to the affected area for 24-48 hours to reduce swelling and discomfort.
2. You may need to use prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If nausea occurs, take food $\frac{1}{2}$ hour prior to taking medication. If **nausea persists or rash occurs, STOP** taking medication and call your doctor.
3. For milder discomfort, you may use over-the-counter pain medication.

MEDICATION

1. New medications:
2. Last dose of pain medication:





Wausau, WI

715.847.2121 ~ 800.283.2881

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Page 2 of 2

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DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hrs. after receiving general anesthetic.
 - 12 hours after receiving sedation.
 - while taking prescription pain medication.
2. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.
3. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.

WHEN TO CALL

If any of the following symptoms occur: REDNESS AROUND THE INCISION(S), DRAINAGE, SEVERE PAIN, FEVER OVER 101°, PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

WHO TO CALL

DR.

PHONE:

AFTER HOURS PHONE:

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m., Monday - Friday

Phone: 715.847.2907

RETURN APPOINTMENT

DR:

DATE/TIME:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time