



### POST OP INSTRUCTIONS FOR VASECTOMY

- 1) Please have someone drive you home if you plan on driving more than 30 minutes or if you have received sedation prior to your vasectomy.
- 2) You may have a normal diet. Continue any regular medications apart from blood thinners. Wait at least 48 hours before starting blood thinners again, as prescribed/monitored by your family doctor.
- 3) You may shower after 24 hours. Do not take a bath or use a hot tub/pool for 3 days.
- 4) Avoid strenuous activity for 7 days after your procedure including any heavy lifting, pushing or straining, sports, and sexual activity. You may return to work the next day, as long as no strenuous activity is required.
- 5) Ice should be applied to the scrotum during the first day, 10 minutes on and 10 minutes off. This will help reduce any pain or swelling. It is also helpful to wear a scrotal support or, alternatively, supportive underwear.
- 6) Take Tylenol, Extra-Strength Tylenol, Motrin or Advil as needed for any extra pain or discomfort.
- 7) Expect some mild pain/swelling of the scrotum and possibly slight fluid or blood leak from the wound. This drainage may continue for several days and is normal. If you notice bleeding from the incision, firmly pinch the skin between gauze for 10 minutes. There are no stitches. If you wish, you can apply Polysporin ointment to the wound twice per day for one week.
- 8) **Until you are told that you are sterile, IT IS CRITICAL THAT YOU USE ANOTHER FORM OF BIRTH CONTROL.** For quality assurance, it is Polyclinic's policy to review postoperative semen analysis personally with each and every patient in a follow up appointment.
- 9) You will need to do a sperm check (semen analysis) 3 months after your vasectomy. We will give you clearance to stop using birth control once you achieve **zero sperm or rare non-motile sperm on the test results**. Additional checks may be necessary, depending on the case. Please bring the semen specimen to your local laboratory facility, or any of the facilities outlined in the attachment with this email. The requisition for this testing is also included as an attachment with this email.
- 10) If you experience any of the following, please contact Polyclinic during business hours of 9:00am to 5:00pm, OR if after hours, please go to the nearest emergency department
  - unusual or severe pain that is not relieved by pain medication,
  - excessive bleeding or drainage, not controlled by the measures described above
  - excessive swelling (bigger than a golf ball) or redness,
  - fever over 39°C or 102° F.