

Vasectomy

These are general instructions. Please follow the specific instructions provided by your surgeon.

After your vasectomy you may notice:

- Swelling, and black and blue discoloration (bruising) of your scrotum. The swelling and bruising will gradually go away.

To help your recovery:

- Rest for 24 to 48 hours.
- Avoid heavy lifting for at least 48 hours.
- Wear supportive underwear for comfort for 7 days.

Once you are home:

- Reduce the swelling by applying an ice pack (a package of frozen peas is a good ice pack). Apply the pack for 20 minutes on and then 20 minutes off.
- Do this for about 12 to 24 hours. Do not apply heat or hot compresses.
- Shower the day after surgery. Do not take a bath, swim or use a hot tub.
- If you have stitches, they will dissolve and disappear in 5 to 25 days.
- Check with your doctor about getting back to sports and recreational activities.
- Please take your semen samples to the lab as directed by your doctor.
- You must use another method of birth control until your semen sample shows a zero sperm count.

**Call your doctor if you notice
increasing swelling, pain or fever.**