

# INSTRUCTIONS AFTER YOUR VASECTOMY DR. DONALD SNYDER

1. **Go directly home** after the vasectomy and **be sedentary** at home the first day except to eat or go to the bathroom. You don't need to be lying down, but just be very inactive this first day. Follow these directions and you will have a virtually pain-free recovery. Drinking some alcohol in moderation is safe during recovery.
2. Frozen peas or ice packs are not needed, unless swelling or pain (usually from over activity) occurs. Ice packs (crushed ice in a baggie wrapped in a tee shirt) may help if significant swelling occurs for some reason.
3. Take over-the-counter ibuprofen (Motrin™ or Advil™) or naproxen sodium (Aleve™) according to the label for pain or discomfort if you need it. Acetaminophen (Tylenol™) can be used as an alternative, if preferred.
4. **Keep the area dry overnight.** You may remove the scrotal support each day to take a shower starting the morning after. Do not soak in a bath, pool, lake, or hot tub for 3 days. There is no need for gauze after the little opening is healed, dry, and not sticking to the gauze anymore. Do not scrub, place ointment or leave wet gauze on the area.
5. Starting the day after the vasectomy you may walk from here to there as much as needed, but long walks for exercise, sports, swimming, yard work or heavy lifting should be avoided for 3 - 5 days. Men with non-strenuous jobs may return to work the day after the procedure.
6. Continue to **wear scrotal support** for the next 5 days at least and **use support for all sports and strenuous activity for the first week or longer once you resume these activities.** If you find the supporter given to you is too uncomfortable, you may switch to your own supporting briefs whenever you want. Support of the scrotum is important, but not the garment used to provide the support!
7. **You may have sex or masturbate on the 3rd day after the procedure,** provided the skin opening is well healed. It is possible to see **blood** in the semen once in a while. If this happens, there is nothing to do or worry about. It will go away.
8. On the 3rd day after your vasectomy its ok to return to more strenuous jobs if you **continue scrotal support.** Wait at least 5 days for aggressive sports and wear support or supporting underwear. Stop the activity if you experience pain or swelling and try some other time. Boxer wearers: It may be many weeks before you want to give up using support altogether.
9. Gradually ease into your normal workout routine 5 to 7 days after the procedure but be willing to stop and rest if you get any swelling and/or significant pain. Its best to do half your usual workout, see how it goes until the following day, then advance as tolerated. Runners: stay close to home or your car the first time or two out.
10. It is common to see bruising, and sometimes it does not appear until 4-5 days after the vasectomy. It may start out small, get larger, and then it will gradually go away. This can be on the penis as well as the scrotum.
11. **Contact Dr. Snyder for severe pain, a large amount of swelling, fever, chills, or expanding redness around the opening or any other signs there may be an infection.** Sending a picture by text can be helpful.
12. No visit to the office is needed routinely for follow up; just send back the semen sample as instructed.
13. Some men (about one in 15) will develop a delayed **lump and / or discomfort** above the testis on one or both sides starting anytime from 3 days to 6 months following vasectomy. This usually represents an exaggerated form of the **normal inflammatory response** necessary for sperm resorption and recycling (**sperm granuloma**). If it is tender, try a course of ibuprofen 600 mg 3 times per day scheduled for a full week; rest and scrotal support may also help. The discomfort may come and go for a while until it fades completely. You may feel a small bump above the testis indefinitely. If you ever feel a lump in the testis itself, see your doctor.
14. **Remember vasectomy is not immediately effective so an alternative form of birth control must be used until a semen analysis is done and shows that there are no more sperm in your semen.**
15. **Prepare and send your semen sample according to the specific date given with your specimen kit.** If you fail to have an analysis done, you are taking an unnecessary risk of getting your partner pregnant. A mailer has been provided for you to send the specimen. **Only use US mail. Do not drop off the specimen at the office or the address on the specimen kit!** There is no charge for the semen analysis done by Dr. Snyder. **It is very important that you read and follow the instructions supplied with the mailer.** Collect the semen **on or after the specified date and place your prepared mailer in the freezer overnight.** This reduces spoiling. Take the mailer from your freezer and to any mailbox on the next day the mail is running. **Be sure to fill out the form in the mailer!** Dr. Snyder will text you with the results once he has looked at the specimen (usually between 1 and 2 weeks). This test is the most accurate way to find out if you are safe to rely on your vasectomy forever.