



Post Vasectomy Instructions

1. Limit activity for 48 hours.
2. The following may occur and will clear with the simple passage of time:
 - A. Minor drainage from incision sites – initially blood and later a gray colored drainage.
 - B. Black and blue coloration of scrotum and penis.
 - C. Minor swelling of the scrotum (less than the size of the testes).
 - D. Separation of the skin edges.
 - E. Different healing pattern between the two sides.
 - F. Minor discomfort.
3. Call the Urology Clinic, 707-393-4064, or after hours advice, 707-393-4044 if:
 - A. Swelling is larger than the size of the testes (if one or both testes swell twice their normal size).
 - B. Pain is not controlled by ice and/or over-the-counter Tylenol or ibuprofen (follow package instructions).
 - C. Fever (**101° F** or above).
4. You may shower in **2** days.
5. Use an ice pack on the scrotum (bag of frozen peas or corn) for ½ hour as soon as you are home, then 10 minutes every hour for up to 72 hours. Cover ice with clean cloth.
6. The sutures are dissolvable. Occasionally a small knot will remain and will come off naturally.
7. Sexual intercourse may be resumed after 1 week, **if comfort allows**.
8. You are considered fertile and must continue your current birth control method until a semen analysis at least **4** months after the vasectomy reveals **NO sperm**. Sometimes it can take longer than 4 months to have zero sperm in your semen. Do not stop birth control until you have been notified by your doctor that your semen has zero sperm and that you are consider sterile.

Four months after your Vasectomy

Collect the semen specimen by masturbation into the specimen cup. Then place the specimen in the zip-lock bag provided. **DO NOT USE A CONDOM** when collecting the specimen. The specimen should not be more than 1 hour old.

Once collected, either you or your partner may take the specimen to the laboratory on weekdays from 8:30 am to 5:30 pm. No specimens will be accepted on weekends.

Your urologist will send you a secure message or letter with the post vasectomy semen analysis result or you may call the Department of Urology at 707-393-4064.