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POST-VASECTOMY PATIENT INFORMATION

1. There will be some bruising and swelling following the procedure. There is occasionally some blood in the ejaculate and this is quite normal.
2. Please report any excessive swelling, redness around the incision or excessive discharge.
3. Dissolvable sutures will be used in the skin which will dissolve in approximately 5 days.
4. You may shower 24 hours after the procedure. You should not bathe until the sutures have dissolved.
5. You must have complete bed rest for 24 hours following the procedure. You should have another 48 hours of light activity following this. Avoid heavy activity and intercourse for 1 week following the procedure. You should have a total of 14 days of avoidance of heavy lifting or excessive activity including biking and weight lifting. Ease back into activity gradually.
6. Frequent icing with a bag of frozen peas or a soft mouldable ice pack should be used for 15 minutes at a time every 1-2 hours for the first 24 hours following the surgery. Then 3-4 times a day for the next 2 days following this. Apply antibiotic ointment to the suture 4 times a day.
7. An alternative form of birth control must be used for at least 3 months following the procedure. You should ejaculate at least 12 times during that 3 month period. You will then be asked to make an appointment for follow up in the office. You will then be sent for a sperm analysis to confirm the success of the procedure. This will be repeated 2 – 4 weeks later. Continue to use alternate birth control until you are notified of a negative result.
8. Continue to wear good supporting underwear for the first week following the procedure.