

Post-Vasectomy Instructions

Apply an ice pack intermittently to the scrotum for 24 hours after the procedure to help decrease discomfort and swelling. Some scrotal swelling and bruising is common and will resolve in a few days.

A small amount of bright red bleeding from the sites is to be expected. **Do not be alarmed.** If you think the amount is excessive, call my office.

You may experience a dull ache in the testicles and groin. At the time of discharge from the hospital you will be given a prescription for pain medication to use as needed. You may use Tylenol for pain if you choose, but Aspirin and Aspirin-containing medications, non-steroidal anti-inflammatory products and herbal supplements that may affect bleeding should be avoided for the first three days after your vasectomy.

Wear a scrotal supporter at all times (even when sleeping) for 48 hours after the procedure. You may remove it to shower.

You should remain at bed rest for 24 hours. You may resume light work in 2 – 3 days. **No heavy work, sports or lifting are allowed for one week**.

**No driving until Monday**. (You may be a passenger.)

Sexual intercourse may be resumed in one week

There may be blood in the first few ejaculations after vasectomy. **Do not be alarmed**. This will clear after 3 to 4 ejaculations.

**You will not be sterile immediately after vasectomy. After the vasectomy, contraction must be used until the absence of sperm is confirmed by two consecutive semen analyses done 6 weeks or 15 ejaculations and 12 weeks. We will provide you with two semen analysis specimen containers that can be used if you elect to bring your specimen from home**.

The laboratory you decide to use will provide you with instructions on collecting the specimen. Sperm will remain visible for weeks and moving for days, freshness is not an issue. **IF YOU WISH TO USE DR. GOLDSTEIN’S LABORATORY, PLEASE CALL (212) 746-5470 TO MAKE AN APPOINTMENT.**

Semen specimen must not be stored in the refrigerator or on a radiator.

You must take the prescription that is given to you for the semen analysis to any laboratory.

**If you have any questions, please feel free to call the office.**