

# Vasectomy

*... after the procedure*

## What Can I Expect After My Vasectomy?

A minimal amount of discomfort, swelling and bruising is to be expected.

### Activity

- Stay off your feet for the next 24 hours. This will help to reduce swelling and pain.
- Apply ice to the scrotal area all day on the day of surgery and then as needed for 1-2 weeks (20-30 minutes).
- No sexual activities for 14 days. Continue contraceptives until further instructions.

### Contraceptives

- It is important and absolutely necessary to use contraceptives until the semen analysis produces negative results.
- Your doctor will give you instructions concerning your semen collection at your follow-up appointment.

### Diet

You may resume your regular diet as long as you are not experiencing nausea or vomiting.

### Medication

Often, but not always, the doctor will prescribe medication for you after the procedure. If so, a prescription will be provided for you. Please take all medications as directed.

### Follow-Up Appointment

Call your doctor's office to schedule unless otherwise instructed.

## If General Anesthesia was Used

If you have had general anesthesia, you may not drive, operate heavy machinery, make important business decisions, or drink alcoholic beverages for the next 24 hours. You may feel somewhat dizzy or sleepy after the surgery due to the side effect of anesthesia. Try to rest for the remainder of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery—even without therapy.

### Wound Care

- Wound care does not require any special dressing.
- Showering is permitted the first day following surgery.
- Clean the incision gently with soap and water. Pat dry.
- Do not soak in a bath or pool until the incisions are completely healed.

### When to Call Your Doctor

- You have a temperature greater than 101°F.
- Bleeding from your incision.
- Your incision shows signs of infection such as: increased swelling, increased pain, redness, drainage or pus.



1902 S. Hwy 59 \* Parsons, KS 67357

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