**Post-vasectomy Instructions**

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1. Some soreness and swelling should be expected, especially after the

numbing medicine wears off.

2. Do not do any heavy lifting or strenuous activity for 7 days. This includes

exercise and sexual activity.

3. Use an ice pack on the scrotum on for 20 minutes on and off for 20 minutes for 48 hours after the vasectomy. This will help minimize swelling which is the main cause of pain after a vasectomy.

4. When you get home, take 2 ibufprofen/advil. You can take these every 6 hours for discomfort. If needed you can supplement with Tylenol, which can also be taken every 6 hours.

5. Wear tight fitting briefs or boxer-briefs for the first 1-2 weeks after

the vasectomy.

6. There may be a small amount of bleeding from the punctures in the

skin of the scrotum, this is normal.

7. Your punctures are covered with a clear bandage called a Tegaderm. You may remove these on the third day following your procedure. If they fall off sooner, you can place band-aids over the punctures if needed.

8. If you have a fever > 101.5 degrees; significant, rapid swelling; uncontrollable pain, redness expanding on the skin from the punctures in the skin, pus draining from the punctures, or any other concerns call us at (336) 274-1114.

9. If you require prescription pain medications after your vasectomy do not

drive a vehicle or operate heavy machinery or consume alcohol while on this medication.

10. We will check a semen analysis 8-12 weeks after the vasectomy. Do not

consider yourself sterile and continue using contraception until we have

discussed the results of the semen analysis with you.