



## POST VASECTOMY CARE INSTRUCTIONS

### Day of Vasectomy

- Head home right after the procedure, lie down and relax.
- Wear your supportive undergarment.
- Ice your scrotum and manage any pain with OTC Tylenol or Ibuprofen.
- Do not run errands, walk around, or heavily exert yourself.

#### TYLENOL DOSING OPTIONS:

- 1) 325mg 1-2 tab every 6hrs as needed for pain
- 2) 500mg 1-2 tabs every 6hrs as needed for pain

#### NSAID (Non-steroidal Anti-inflammatory Drugs)\*\*\*

- 1) Ibuprofen (Motrin, Advil) 200mg 3 tabs every 6hrs as needed for pain
- 2) Aleve 220mg 2 tabs every 12hrs as needed for pain

\*\*\* Do not take NSAIDs if any of the below apply to you

- Currently on a blood thinner medication
- History of Chronic Kidney disease
- History of stomach ulcers
- Allergy to NSAIDs
- You have been advised by a Physician in the past to avoid NSAID



### 1st Week After Vasectomy – Avoid the Following

- Sex or masturbation
- Performing strenuous exercise or heavily exerting yourself
- Lifting heavy objects (more than 40 pounds)
- Riding a bike
- Going swimming or sitting in a hot tub
- Disturbing your incision site
- Wearing tight clothing
- Participating in contact sports

### One Week After Vasectomy

- If you are mainly in a sedentary office job, then you can return to work in 3 days.
- If you are in a physically demanding job, then you can return in 1 week.
- You can resume lifting weights, running, or any other form of exercise 1 week after your procedure.
- Most patients can resume engaging in masturbation or sexual intercourse one week after the procedure.

### Managing Complications

- Pain, Swelling and Mild Bruising
  - Ice your scrotum for 20-30 mins as needed
  - Take Tylenol or Ibuprofen as recommended on Page 1



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- Blood in Semen
  - This can be common for the first few ejaculates
  - Avoid masturbation and intercourse for the first week
  - Small amount of blood in the semen should resolve after the first few ejaculations
  - Contact our clinic if this is persisting > 2 weeks
  
- Lump in Scrotum (Sperm Granuloma)
  - Pea or bean sized
  - Likely caused by residual sperm leaking from the recently cut Vas Deferens tube causing a localized inflammatory reaction
  - Treat with Ice and Ibuprofen
  - Should resolve within 1-2 weeks
  - Can be avoided by abstaining from masturbation & sex during the 1<sup>st</sup> week
  
- Infection of the Scrotum
  - Swelling, redness, worsening pain, pus like drainage, fever, chills, body aches
  - Contact our clinic to schedule a close follow up or be seen in a local Urgent Care immediately.



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➤ Scrotal Hematoma

- Pocket of blood in the scrotum that forms after your Vasectomy from a blood vessel that continues to or starts to bleed
- This requires immediate evaluation and possibly drainage
- Contact our clinic as we might refer you to a Urologist for drainage.
- This is a very rare complication

➤ Allergic Reaction

- Rare reaction to a pre-vasectomy anxiety medication or possibly to local anesthesia
- Most commonly localized skin irritation and/or itching
- Most serious symptoms could include: \*\*\*
  - Swelling of the face, lips, tongue, neck, throat
  - Shortness of breath
  - Chest tightness
  - Palpitations or elevated heart rate

\*\*\* You should be immediately evaluated in a local Urgent Care or the Emergency Room.



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## SEMEN ANALYSIS – LAB LOCATIONS

### InterPath Lab

1632 116th Avenue NE, Suite B

Bellevue, WA 98004

Lab Hours: Monday – Friday: 8am – 4:30pm

(closed for lunch between 12 – 12:30pm)

(425) 871-6557

8511 South Tacoma Way, Suite 103 Lakewood, WA 98499

Lab Hours: Monday – Friday: 8am-4:30pm

(closed for lunch between 12 – 12:30pm)

Phone: (360) 628-8560

Fax: (360) 515-5290

### Overlake Lab

1135 116th Avenue NE, Suite 110

Bellevue, WA 98004

Lab Hours: Monday – Friday: 7am – 5:30pm

Saturday: 8am – 12pm

Phone: (425) 688-5106