



VASECTOMY

Surgery Date _____

Please bring this booklet with you the day of surgery.

QHC#75

A vasectomy is a procedure used for male sterilization that is permanent.

A local anaesthetic is most commonly used, which numbs the area. The procedure takes about 15-20 minutes.

After the Procedure

Resume your regular diet as tolerated.

The first 48 hours, rest and limit your physical activity as much as possible. It is important to lay low for the first 48 hours to prevent a lot of bruising.

If local anaesthetic is used, the scrotum may be numb for 1-2 hours. You may then experience soreness in the area when the anaesthetic wears off. This can be managed by prescribed pain medication from your doctor or Tylenol/Advil, if not allergic.

You may experience some swelling, bruising and mild discomfort. Apply ice packs to the area frequently the first 2 days to help reduce swelling and to promote comfort.

Wear snug underwear or athletic support, for support and comfort for a few weeks.

Elevate the area on a rolled towel to help reduce swelling while resting.

Avoid strenuous activity (exercise, sports, sexual activity) for the first week.

No heavy lifting for one week (over 20 pounds).

There may be some drainage from the incisions. Place gauze loosely in underwear to protect clothing.

You may resume sexual intercourse in about one week. **You are NOT CONSIDERED STERILE IMMEDIATELY AFTER A VASECTOMY.** Your doctor will arrange sperm count testing after the procedure. Continue to use birth control methods until your doctor advises you that it is safe to discontinue.

A vasectomy does not interfere with a man's sexual ability nor protect from sexually transmitted diseases. Use extra protection as needed.

Call your surgeon or come to the nearest Emergency Department if you experience:

- Increased pain not relieved by prescribed medication.
- Signs of infection – fever, increased swelling, foul smelling incisional drainage.
- Inability to pass urine, or fullness in the bladder after passing urine.
- Bright red bleeding from incision.

Appointment

Call your surgeon's office to make a follow-up appointment.

Special Instructions

Questions?

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