

Vasectomy

postoperative instructions

What is it?

Vasectomy is a surgical procedure to block the vas deferens (through the removal of a segment of the vas deferens), the tubes that carry sperm from the testicles to the urethra. Each end of the vas deferens is then cauterized and securely closed with a surgical clip or surgical ties. This prevents sperm from entering the seminal fluid and fertilizing an egg. This is considered a permanent form of birth control.

After surgery, what should I expect?

Although vasectomy is a minimally invasive, simple procedure, due to the sensitive nature of the testes, tenderness and some discomfort often occur. If you experience mild bleeding from the incision site, this is normal; apply slight pressure while lying down.

Diet and activity after surgery

- Normal diet can be resumed immediately.
- Use an ice pack on the scrotum for the first 24 hours. Leave the ice pack on for 20 minutes followed by 20 minutes with no ice. Repeat.
- Leave athletic supporter on for support during the 24 hours after the procedure and longer if it keeps you comfortable.
- Resume physical activity as your body will tolerate within the next 24 hours. Walk at least three times a day, gradually increasing your distance.
- You may shower 24 hours after procedure. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed. Your stitches will dissolve on their own.
- Refrain from sexual activity, including masturbation, until you have completely recovered, typically one week.
- You will not be sterile until your sperm count is zero. This often takes approximately 12 ejaculations. Use alternate contraceptives until your doctor has confirmed your sperm count on the follow-up analysis of your semen.

If you experience any of the following, please contact our office:

- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine or increased pain.
- Drainage, warmth or redness in the incision site.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

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