

Post-operative Care for a Vasectomy

IMMEDIATE POST-OPERATIVE CARE

1. Rest and Relaxation:

- Rest for at least 24-48 hours after the procedure. Limit physical activity to avoid straining the surgical site.

2. Apply Ice Packs:

- Apply ice packs to the scrotum for 20 minutes every hour while awake, for the first 24-48 hours to reduce swelling and discomfort. Do not apply ice directly to the skin; use a cloth or towel as a barrier.

3. Wear Supportive Underwear:

- Wear snug underwear or an athletic supporter to provide scrotal support and minimize swelling. Continue to wear supportive garments for at least a week.

4. Pain Management:

- Take over-the-counter pain medications such as acetaminophen as directed by your doctor. Avoid aspirin as it can increase bleeding.

Activity Restrictions

1. Avoid Heavy Lifting and Strenuous Activities:

- Refrain from heavy lifting, vigorous exercise, or sexual activity for at least a week to prevent complications.

2. Return to Work:

- Most patients can return to work within 2-3 days, especially if the work is not physically demanding. If your job involves heavy physical activity, consult your doctor for a tailored timeline.

Hygiene and Wound Care

1. **Keep the Area Clean and Dry:**

- Keep the surgical site clean and dry. Avoid soaking in baths, hot tubs, or swimming pools for at least a week. Showering is usually permitted after 24 hours, but gently pat the area dry.

2. **Check for Signs of Infection:**

- Watch for signs of infection, such as increased redness, swelling, pus, or a fever. Contact your doctor if you notice any of these symptoms.

Sexual Activity and Contraception

1. **Avoid Sexual Activity:**

- Avoid sexual intercourse and ejaculation for at least a week, or as directed by your surgeon, to allow healing.

2. **Continue Contraception:**

- **Use alternative contraception until your doctor confirms that your semen is free of sperm. This usually requires 15-20 ejaculations or about 3 months. You will need to provide semen samples for analysis to confirm sterility.**

Follow-Up Care

1. **Attend Follow-Up Appointments:**

- Schedule and attend all follow-up appointments to ensure proper healing and to confirm the absence of sperm in your semen.

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2. Semen Analysis:

- Provide semen samples as directed by your doctor. Typically, two samples are required to confirm the success of the vasectomy.

When to Seek Medical Attention

Seek immediate medical attention if you experience:

- **Severe pain not relieved by medication**
- **Excessive swelling or bruising**
- **Signs of infection (fever, redness, drainage)**
- **Difficulty urinating**
- **A lump or significant swelling in the scrotum**