

## Information Following Vasectomy

You can expect to be a little sore and tender. Tylenol will often control your symptoms, but if you remain sore, your doctor will usually provide you with a prescription for a more powerful pain medication. Avoid aspirin and aspirin products for one week following your procedure.

Inspect your incisions on the afternoon of your procedure. You may see a small amount of bruising or dried blood, but you should not see significant swelling or bleeding. Notify your physician if this occurs.

1. Leave the gauze and scrotal support in place, use an ice pack (bag of frozen peas) for the first 24 hours.
2. The day of the procedure you need to have minimal activity.
3. Continue to wear some form of scrotal support for the first 72 hours following your procedure. This will help with natural gravitational pull.
4. Avoid straddle activities for 2 weeks (motorcycles, horseback riding, jet ski, bicycles, etc.).
5. Refrain from sexual activity for 2 weeks. When you resume sexual activity, you must use some form of birth control. You will need to have two clear semen samples (free of sperm) before your physician will clear you to use this procedure as a form of birth control.
6. Do not shower the day of your procedure. You will notice brownish-yellow soap was used to sterilize your skin for your procedure. This may be washed off the following day.
7. You may apply some form of antibiotic ointment to your incision (Bacitracin, Neosporin, etc.), however it is not required.
8. You may take Ibuprofen 600 mg three times a day with meals to help with the inflammation associated with your procedure.

Approximately 8 weeks from the time of your procedure you will need to bring a semen sample to our office for your physician to view. He will check to see if this sample is free of sperm. To best serve you, we do require that you have two clear (absolutely no presence of sperm) samples viewed by your physician before you will be safe to use this as a form of birth control. **Please do not bring any samples any earlier than 8 weeks.** If you have any questions please call us at (479) 521-8980.