



RAVALLI FAMILY MEDICINE

411 WEST MAIN
HAMILTON, MT 59840
(406) 363-5104

www.ravallifamilymedicine.com

LAWRENCE D. BROUWER, MD
KATHLEEN HARDER-BROUWER, MD
ALLISUN JENSEN, PA-C
SHAUN LALONDE, PA-C

POST VASECTOMY INSTRUCTIONS

Recovering at Home:

For about a week, your scrotum may look bruised and slightly swollen. You may also have a small amount of bloody discharge from the incision. This is normal. To help make your recovery more comfortable, follow the tips below.

- Stay off your feet as much as possible for the first 2 days. Try to lie flat on a bed or sofa.
- Wear an athletic supporter or snug cotton briefs for support.
- Reduce swelling by placing an ice pack or bag of frozen peas in a thin towel. Then place the towel on your scrotum.
- Take medications with acetaminophen (such as Tylenol) to relieve any discomfort. Don't use aspirin, ibuprofen, or naproxen.
- Wait 48 hours before bathing.
- Avoid heavy lifting or exercise for 7 days.
- Ask your doctor how long to wait before having sex again. **Remember:** You **must** use another form of birth control until you're completely sterile.

When to Seek Medical Care

Call your doctor if you notice any of the following after surgery:

- Increasing pain or swelling in your scrotum.
- A large black-and-blue area or a growing lump.
- Fever or chills
- Increasing redness or drainage of the incision
- Trouble urinating

Sex after vasectomy

Vasectomy doesn't change your sexual function. SO when you start having sex again, it should feel the same as before. A vasectomy also shouldn't affect your relationship with your partner. It's important to remember, though, that you won't become sterile right away. It will take time before you can have sex without the need for birth control.

- **Until you're sterile:** After a vasectomy, some active sperm still remain in your semen. It will take time and many ejaculations before the sperm are completely gone. During this period, you must use another birth control method to prevent pregnancy. To make sure no sperm are left in your semen, you'll need to have one or more semen exams. You usually collect a semen sample at home and bring it to a lab. The sample is then checked under a microscope. You're sterile only when these samples show no evidence of sperm. Ask your doctor whether additional follow-up is needed.
- **After you're sterile:** After your doctor tells you you're sterile, you no longer need to use any form of birth control. You're free to have sex without the fear of unwanted pregnancy. However, a vasectomy does not protect you from sexually transmitted diseases (STD's). If you have more than one sex partner, be sure to practice safe sex by using condoms.