

Post Instructions of Easy Vasectomy®

1. Gauze and an athletic supporter will be placed over the wound immediately following the procedure. Keep the wound dry and clean.
2. Once you return home after the surgery. Reclining in bed or on the sofa, Minimizing activity. Read your doctor's written instructions, No need for ice packs. You may a quick shower in the evening of the second day.
3. The athletic supporter should be worn for the first 2 days. Heavy lifting or vigorous physical activity should be avoided for 1 week.
4. Two days after the procedure, you may return to office work and regular activities. A follow-up visit is not required.
5. You may have sexual intercourse with protection 1 week after the procedure. It is uncommon but normal to have some blood in the semen or mild pain for the first ejaculations.
6. Patients often notice mild scrotal swelling and bruise in the first week following the surgery. The swelling often increases with activity and may be relieved by wearing the athletic supporter and resting. If the scrotal sac is significantly bruised and expanding in size, please contact the office 888-992-0019.
7. If you experience pain or discomfort, you may take acetaminophen (Tylenol) 1 tablet every 4 hours or alternating with ibuprofen (Advil) 200mg 3 tablets, 3 times a day with food, and . If you experience increasing pain, please contact us at 888-992-0019.
8. 8. Infection is very uncommon following the no-scalpel vasectomy procedure. Contact us if you notice excessive redness, tenderness, warmth or drainage from your surgical site.
9. Some men develop a small, tender nodule where the vas was cut. These sperm granulomas can produce discomfort, but almost always resolve spontaneously. You can have the site re-examined if you are concerned.
10. Semen analysis testing is done in the 12 weeks after your vasectomy:
11. If you live or work close to our clinic, we will provide you with a container and ask you use it to bring a semen sample to the office.
12. If you live and work far from our clinic, we will provide you with a mailer so you can send us a semen sample by mail.
13. Another form of contraception (such as condoms or birth control pills) must be used for at least three months.