

# THE AUSTIN DIAGNOSTIC CLINIC UROLOGY DEPARTMENT

## PRE-VASECTOMY PATIENT INSTRUCTIONS

### **Before The Procedure:**

- Stop taking all aspirin or blood thinning products one week prior to your vasectomy.
- Arrange to rest and be off from work for 2-3 days after the vasectomy.

### **The Day of the Vasectomy:**

- Carefully shave all of the hair from the scrotum
- Wear or bring close-fitting underwear that will support the scrotum
- Be sure to have someone drive you home from the procedure.

## POST-VASECTOMY PATIENT INSTRUCTIONS

### **Post-Vasectomy Instructions:**

- Wear close-fitting underwear for 2-3 days to hold the bandages in place
- Place an icepack on your scrotum to minimize swelling during the first 24 hours (30 minutes on/30 minutes off).
- Take pain medication as needed.
- You may take showers beginning the day after the procedure, but avoid soaking the scrotum in baths, swimming pools or hot tubs until the sutures completely dissolve (usually 10 days).
- Limit activity for the first 48 hours following procedure, avoid any heavy lifting, pushing or straining.

### **General Expectations:**

You can expect some bruising and redness at the site of the incision. The sutures in your incision will dissolve and fall out within 5-10 days. There may be some yellow or white discharge from the incision as the sutures dissolve, this is normal. You may notice a small open gap at the site of the incision after the sutures fall out, this is normal and will close up over time. You may notice some firmness in and around the incision site, it will soften, flatten and return to normal within a few weeks.

### **Follow-Up Semen Test:**

A vasectomy does not make you immediately infertile, it takes 6-8 weeks (30-40 ejaculations) for all the sperm to leave your body. Instructions will be provided the day of your procedure for follow up semen testing.

**IT IS CRITICAL THAT YOU USE ANOTHER FORM OF BIRTH CONTROL UNTIL A SEMEN TEST SHOWS NO SPERM.**

### **Complications:**

Contact doctor's office immediately at (512) 901-4221 if you experience any of the following complications:

- Temperature (taken by mouth) above 101.5°F
- Significant increase in scrotal size
- Redness or swelling that does not subside
- Difficulty urinating
- Blood spot on the dressing larger than a dime