

NORTHEAST VASECTOMY

AND FAMILY PLANNING

AFTER YOUR VASECTOMY

Today you had a procedure called a 'no scalpel vasectomy.' You will probably feel fine when you go home. You may feel sore as the numbing medicine wears off after an hour or so. Please remember that it takes many weeks after the vasectomy before it works. Please continue other birth control until then.

WHAT TO EXPECT

For the **first 24 hours**: Keep the bandage on. Expect some soreness, mild swelling, or bruising of the scrotum. You can take **acetaminophen** (Tylenol), **naproxen** (Aleve or Naprosyn), or **ibuprofen** (Motrin or Advil) for any **discomfort**. Do **NOT** take aspirin for 2 days after the vasectomy. You can also use an **ice pack** for up to 20 minutes at a time. Please wait 24 hours before you take a shower or bath.

You can go back to regular, non-strenuous activities the day after your procedure. For 2-3 days take it easy. Do not do any heavy activity and do not have sex. **Wear tight underpants** whenever you are up for 2-3 days, and during moderate activity for 7 days.

You may restart exercise/ heavy physical activity after 7 days (one week).

When can you have sex again? If you feel ready, you may have sex 3 days after the procedure. But take it easy. Note: It is normal to have some blood in the semen for the first few ejaculations.

You **should** call if:

- You get swelling or discomfort that does not improve with ibuprofen 600mg three times a day
- Puss or more than a small amount of blood comes out
- Your temperature is higher than 101 degrees

To reach me:

Our 24-hour number is: **(617) 368-0090**. Call if you have questions or if you think something is wrong. No question is too small. If you think you have an emergency and have not reached us please call 911.

12 weeks after your vasectomy **have your semen tested**. You need to know that it no longer has sperm before you stop other birth control. On or after: _____ [DATE] bring a semen sample to us here at the office. If possible, produce the sample within 2 hours of when it is examined. Keep the cup at body temperature (next to your skin). If we have not already given you an appointment please call to arrange one or schedule online. If you live far away, we can help with other options.

If sperm are seen, you may need to bring another specimen in 4 weeks. After twelve weeks (and at least 20 ejaculations) 98% of people have no sperm in their semen. One in 50 may have to repeat the test at least once.

Follow-up visit: As there are no stitches, no follow up visit is needed. If you do not see a provider when you drop off your semen sample at the clinic we will go over your results by phone.

NOTE: VASECTOMY DOES NOT PREVENT SEXUALLY TRANSMITTED INFECTIONS (STI's)

Use barrier methods, especially condoms, to prevent transmission of STI's, including HIV/AIDS.

PREGNANCY PREVENTION: If you have sex without protection or other birth control, your partner(s) can use Emergency Contraception to prevent pregnancy. Plan B is available at pharmacies without a prescription.