Vasectomy
Care After Surgery

Please read the instructions outlined below. Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, call your caregiver.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- **Avoid using** non-steroidal anti-inflammatory drugs (NSAID's) can make bleeding worse.
- An ice pack for twenty to thirty minutes, four to six times per day for the first two or three days, will help decrease swelling.
- Avoid being active for the first two days following surgery.
- Wear a supporter while moving around for the first week following surgery.
- Some oozing of blood from the cuts (*incisions*) by the surgeon is normal during the first day or two following the procedure.
- Do not participate in sports or perform heavy physical labor for at least two weeks.
- Blood in the ejaculate is common and typically clears after a few days.
- Be sure to follow-up with your surgeon as instructed to confirm sterility.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wounds or testicles (*scrotum*).
- Pus is coming from wound.
- An unexplained oral temperature above 100.5° F (38.1°C) develops.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of the stitches (*suture*) line or wound edges even after sutures have been removed.
- There is increased bleeding from the wounds.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.

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