

Vasectomy Instructions

- May take over-the-counter acetaminophen (Tylenol) and/or ibuprofen (Motrin, Advil) as needed for pain.
- Follow-up in the office in 2 weeks following the procedure.
- Keep scrotum elevated with a jockstrap or tight brief/boxer brief underwear for support for 7 days.
- May apply ice to the scrotal area, for 10 to 15 minutes at a time, every few hours for the next couple of days. Do not apply ice directly to the scrotal skin as this may result in a skin burn.
- Apply an over-the-counter antibiotic ointment such as Bacitracin or Neosporin to the scrotal incision 2 times a day for 5 days.
- No heavy lifting more than 10 pounds, strenuous activity and sexual activity for at least 7 days following the procedure.
- When you resume sexual activity use protection/contraception of your choice as you are not yet considered sterile.
- You may shower in 2 days. Sponge bathe until then. No sitting in the bathtub for at least 2 weeks, until your sutures have dissolved.
- Obtain a semen analysis 3 months after your procedure.
- If you experience fever/chills, nausea/vomiting, abdominal pain, scrotal swelling and/or worsening scrotal pain, incisional bleeding or drainage, troubles urinating or inability to urinate, chest pain or shortness of breath, or with any other questions or concerns please call the office or go straight to the nearest emergency department.