

UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY  
*Adult and Pediatric Urology*

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INSTRUCTIONS AFTER YOUR VASECTOMY

1. Read number 12 below first.
2. In general, your post-vasectomy period should be marked by modified physical activity. Your basic goal is not to increase your intrabdominal pressure (tighten your stomach muscles). This can aggravate your scrotal condition.
3. You may shower immediately after arriving home to remove the iodine from your groin area, but do not use soap. Soap may be used on the incision(s) after 24 hours.
4. Place an ice pack on scrotum after you are home; keep it on for about 4 hours.
5. A slight amount of bleeding and swelling is expected. If this becomes severe, call the office number immediately.
6. During the first 7 to 10 days, wash your scrotum and incision(s) 2 or 3 times daily and blow it dry with a hair dryer. This keeps the skin dry and healthy in a normally moist area.
7. One may resume sexual activity after 4 to 5 days. But, for two weeks, do not engage in any strenuous activity, heavy lifting or athletics such as golf, handball, yard work, weight lifting, or jogging (got the idea?). The purpose is not to increase your internal abdominal pressure.
8. For the first week, it is suggested that you wear a jock strap or compression shorts day and night. For the second week, wear your jock strap or compression shorts during the daytime only.
9. Moderate scrotal or groin pain can occur up to 4 to 6 weeks after the vasectomy. If this becomes severe or marked swelling of the testicle(s) occurs, return to be checked.
10. A small lump in the cord above the testicle may be felt on each side at the vasectomy site. This is normal and with time will get smaller.
11. Apply Neosporin or an equivalent antibacterial ointment to the incision for a few days, and then switch to Vaseline.
12. **IMPORTANT: YOU ARE NOT STERILE.** Continue to use your usual form of birth control until semen has been checked for sperm. Usually, at least 20 ejaculations are necessary before the semen is sperm-free. It is after this number of ejaculations that your semen should be checked for sperm.