



600 Ligonier St, Latrobe, PA 15650 – (724) 539-9736
522 W Newton St. #300, Greensburg, PA 15601 – (724) 838-7500

Vasectomy Post-Op Instructions

Activity:

Rest today, it is normal to experience some dizziness or drowsiness. Do not consume alcoholic beverages (including beer), drive, operate machinery or power tools, or make important personal or legal decisions for 24 hours.

Diet:

Eat a light diet (juice, soup, Jell-O), then progress to more solid foods as tolerated without nausea or vomiting.

Medications:

Use pain medication or Tylenol as needed for pain.

Wound Care:

A small amount of swelling or blood on the dressing may be expected. Keep dressing with athletic supporter in place for 24 hours. Ice pack to scrotum for next 12-24 hours will help minimize swelling and pain. Ok to remove dressing and shower tomorrow. Apply antibiotic (Neosporin or Bacitracin) ointment to incision twice daily for the next few days. For the next several days wearing an athletic supporter can help with comfort. Skin stitches will dissolve in a few days to weeks.

When to call the doctor:

Although complications are infrequent, call your doctor if problems arise such as:

- Persistent or heavy bleeding from your incision sites
- Pain not relieved by pain medications
- Fever of 101F or greater
- Progressive swelling of the scrotum
- Signs of infection: redness, swelling, or discharge from the incision
-

If you are unable to reach your doctor, you can go to the Emergency Room.

Special Instruction:

No sexual activity for seven days. Continue to use birth control until your semen specimen confirms sterility. Bring a semen specimen to the office after 15 ejaculations. A routine office appointment is not necessary post-operatively unless you have a problem and the specimens can be dropped off without an appointment. Call the office if any questions or problems.