

**After surgery, what should I expect?**

Although vasectomy is a minimally invasive, simple procedure, due to the sensitive nature of the testes, tenderness and some discomfort often occur. If you experience mild bleeding from the incision site, this is normal; apply slight pressure while lying down.

**Diet and Activity Following Surgery**

- Normal diet can be resumed immediately.
- Use an ice pack on the scrotum for the first 24 hours. Leave the ice pack on for 20 minutes followed by 20 minutes with no ice. Repeat.
- Leave athletic supporter on for support during the 24 hours following the procedure and longer if it keeps you comfortable.
- Resume physical activity as your body will tolerate within the next 24 hours.
- You may shower 24 hours after procedure. Be sure to rinse the incision site carefully and pat dry. Avoid soaking water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed. Your stitches will dissolve on their own.
- Refrain from sexual activity, including masturbation, until you have completely recovered, typically one week.
- You will not be sterile until your sperm count shows 0. This often takes approximately 12 ejaculations. Use alternate contraceptives until your doctor has confirmed your sperm count is 0 on the follow-up analysis of your semen.

**Post-procedure, if you experience any of the following, please contact our office:**

- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine or increased pain.
- Drainage, warmth, or redness in the incision site.

**Please call our office at (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.**

**In the event of an emergency, contact the doctor on call via the same number or call 911.**