

## VASECTOMY DISCHARGE INSTRUCTIONS

### DRESSING/INCISION CARE

- Remove dressing tomorrow morning. If the dressing falls off early, it is OK to leave off.
- Blood spotting from the incisions is normal. This can last for 1 week. Stitches are dissolvable.
- Swelling: Expect your scrotum to swell and bruise, the size should be limited to the approximate size of a softball and can last for 3-4 weeks.
- Elevate the scrotum while laying down (place a towel or small pillow under the scrotum). This will draw fluid away from the surgical site and decrease swelling.
- Wear a jock strap, athletic supporter, or supportive underwear for at least 1 week.
- Ice packs to the incision area (20 minutes on, 20 minutes off) help with swelling up to 3 days. Do not apply ice directly to the skin or while sleeping at night.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- Shower 2 days after your surgery. Soap and water to the incision, do not vigorously scrub. Pat dry. No submerging in tub baths, pools, or hot tubs for 3 weeks.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for at least 1 week.
- No sexual activity for at least 1 week and until pain free. Please consult your doctor on timing.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if you were not prescribed one.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Drainage of pus from the incision
3. Inability to urinate

### FOLLOW-UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*

## VASECTOMY DISCHARGE INSTRUCTIONS

- Remember to use alternative forms of contraception until you complete a semen analysis and there is confirmation of no viable sperm. This is usually performed 3 months after your vasectomy and may be repeated depending on the initial results (You should have received instructions on where to bring your semen test. If not, please call the office for this information.)

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*