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# MEDICAL FACULTY ASSOCIATES

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THE GEORGE WASHINGTON UNIVERSITY

DEPARTMENT OF UROLOGY

## POST-VASECTOMY INSTRUCTIONS

1. Today's operation does not immediately protect you from getting a woman pregnant. Continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm.
2. Wait at least 3 days before resuming sexual activities. You may resume sexual activities then if you are not having any discomfort, but having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or rejoining the tubes.
3. Do not do any work that requires heavy lifting, pushing, straining, etc. for 2 days.
4. Keep the incision dry for 24 hours following the operation. Thereafter you may resume showers but avoid bathing or swimming for two weeks.
5. Some black and blueness (bruising), draining (oozing) from the incision, swelling, or mild tenderness of the scrotum are not unusual. Also, the edges of the incision may pull apart and heal rather slowly and sometimes a knot may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.
6. Wear briefs or an athletic supporter only as long as you seem to need it for comfort.
7. If you have pain after the vasectomy, you may take your prescribed pain medicine as directed, or IB-Profen (Advil)
8. If stitches are placed, they do not have to be removed. They are absorbed and drop off by themselves, usually within ten days, but may take longer.

### NOTE:

**You should understand that until you have had two consecutive negative sperm checks, you should continue to use other methods of contraception. Wait 2 months before the first test. Do 15-20 ejaculations before doing your semen analyses.**

### To schedule semen analysis:

Andrology Lab: 202-741-2516

2150 Pennsylvania Ave NW, IVF Suite 6-300, Washington, DC 20037