



Care After a Vasectomy

- Go home and rest for at least one day. Put your feet up and stay off your feet. Take it easy for several days.
- You will probably feel sore for a few days. Discomfort is usually minimal. The doctor will prescribe pain medicine to minimize the soreness after the local anesthesia wears off.
- Apply an ice pack to the scrotum for the first 24 hours, 20 minutes on and 20 minutes off, to ease any swelling. You may have some bruising in the area of the surgery. This bruising will lighten and should be gone in about 2 weeks.
- Wear your scrotal support for 24 hours to apply pressure against the area and support the scrotum. Then it can be removed. Snug cotton briefs may be helpful for a week or two.
- You can shower 24 hours after the procedure. Do not tub bathe for 1 week.
- At some point, as directed by the doctor's office, you will be asked to provide a semen sample for microscopic examination.
- Protected sexual activity can be resumed after a few days, depending on your comfort level. **Precautions against pregnancy must be taken until after a semen sample confirms the semen is free of sperm.**
- Contact the doctor if you experience chills and fever greater than 101, increasing pain, swelling, or discharge. Make a follow-up appointment for 2 weeks.