

Vasectomy Post-Operative Instructions

1. No heavy lifting for at least 48 hours after the procedure. Wear the athletic supporter with firm packing for the first 24 hours. On the second day continue to wear the athletic supporter however the bulky pack is not necessary.
2. Once you return home after the procedure, elevate your feet and apply ice packs to the scrotal area to reduce swelling. Stay off your feet as much as possible. Do not shower for 24 hours after surgery.
3. You may notice scrotal swelling in the first week after surgery. This may be relieved by wearing an athletic supporter and resting.
4. If you experience pain or discomfort, you may take two to three 200mg Ibuprofen tablets. For the first two days you may also use Vicodin one to two tablets every 4 hours. Pain not relieved by the above should be reported to the office. You should not drive after taking Vicodin. Driving may be resumed on the third day provided you are pain free and able to rapidly apply the brakes.
5. Bruising over the scrotal sac is very common. If however the scrotum is bruised and expanding call or return to the office. You may be developing a hematoma.
6. Infection is very uncommon after the procedure. However, if the scrotal sac is bruised, red and expanding, call or return to the office. Continue to apply antibiotic ointment to the areas of the incisions daily for the first week.
7. Some men develop a small tender nodule where the vas deferens was cut (called sperm granulomas.) These can produce discomfort but almost always resolve on their own.
8. You may have sexual intercourse one week after surgery. There might be some slight discomfort from the cut/tied ends of the vas. You will need to use another form of birth control until a semen analysis shows there are no longer any sperm in your sample.
9. Prior to relying on the vasectomy as birth control a semen analysis is necessary. This is done 6-8 weeks after the procedure. You should also have had about 20 ejaculations.
10. A post-op appointment should be made for 1 – 2 weeks, however if you experience problems before this call or return to the office sooner.



Scott E. Musinski, MD Phone: (760) 632-9600
310 Santa Fe Drive Suite 112 Fax: (760) 632-9669
Encinitas, CA 92024

website: <http://scottmusinski.com>