

Surgery Center of Pinehurst

Dr. Goetzl's Post Op Instructions after Vasectomy

Activity:

Your physical activity should be restricted the first forty-eight hours. During that time you should remain relatively inactive, moving about only when necessary. During the first 7 days following surgery you should avoid lifting any heavy objects (anything greater than fifteen pounds), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer if needed. You should plan to wear a tight pair of jockey shorts or an athletic support for the first 4 – 5 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

Medications:

You make take Tylenol (acetaminophen) for pain. It is the safest of all the pain relievers, because it causes no bleeding. Aspirin is to be avoided. Advil (Ibuprofen) has some aspirin like effects but is a stronger pain reliever that can be used if the Tylenol is not working. Take pain medications as prescribed. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids.

Do not drive a car or operate machinery as long as you are taking pain medication.

Care of Wound:

In most cases your incision will have absorbable sutures that will dissolve within the first 10-20 days. You can shower safely within 24 hours. If there is generalized redness, especially with increasing pain or swelling contact the office. The scrotum will possibly get 'black and blue' as the blood in the tissues spreads. Sometimes the whole scrotum will turn colors. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

You may shower 24 hours after surgery. Tub bathing should be restricted until the 7th day.

Ice:

May apply ice pack on and off the scrotum for the first 48 hours to relieve the pain and keep the swelling down. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down. Frozen peas or corn placed in a Ziploc bag can be frozen, used and reused.

Appointment:

You need NO routine follow up visits to have us examine you unless problems arise. Wait seven (7) days before having any type of sexual activity or ejaculation, then have PROTECTED intercourse only. An appointment will be made to bring in a semen specimen. You will be notified of the results and when you can have unprotected intercourse.

Please call my office at 235-2911 if any of the following occur:

Fever above 100.5

Moderate or severe swelling under the skin incision or involving the scrotum

Drug reactions such as hives, a rash, nausea or vomiting

Dr. Goetzl