



AFTER Your Vasectomy

1. **Post-Procedure Care:** Change your gauze dressing if soiled, otherwise it can be removed once there is no staining (should be within 24-48 hours).
2. **Wear your athletic supporter** initially and as long as necessary to reduce discomfort. Wear it as long as is comfortable.
3. **Showering** can be done the day after your procedure. Avoid rubbing and scrubbing your scrotum.
4. **Healing** of the incision is typically within 1-2 days. The incision may ooze for the first day. You may have some bruising and swelling as well. Ice and the athletic support should help reduce this.
5. **Rest** for 5-7 days, no lifting for 1 week.
6. **Avoid unprotected sex** until you have a clear semenalysis (10-12 weeks) after your procedure. Use an additional form of contraception until cleared. Don't be surprised if it takes longer than 4 months to clear the sperm.
7. **Sex** may be resumed (with another form of contraception) 1 week after your procedure.
8. **Follow-up Semenalysis:** You will need to have a semenalysis performed in 12 weeks to ensure a successful procedure. You will need to have at least 30 ejaculations before you get this tested.
9. **Call the clinic** at (918) 935-3636 if you have any problems or concerns.
10. **Seek immediate medical care** if you have a large amount of pain, swelling, continuous bleeding, fever (above 101) or bad smelling drainage from your wound.