

Vasectomy Quick Reference

We recommend you bring your spouse to the initial consultation so that both of you have an opportunity to ask questions and discuss any concerns you may have about vasectomy.

Please arrange for someone to drive you home the day of your vasectomy. Go directly home and rest.

Guide to Post Vasectomy Care

- 1) You may use Tylenol for pain, but only Tylenol. Do not take aspirin or ibuprofen for 2-3 days following the procedure as they both thin the blood. You can expect some discomfort at first but lasting or significant pain is uncommon. Contact our office if you experience any sudden fever, chills, increasing pain, swelling or drainage.
- 2) Ice the scrotal/groin area for 4-5 hours, 20 minutes on, 20 minutes off. This will help reduce any bruising or swelling. Elevate your legs, stay off your feet and "take it easy" for the first 48 hours. (A small bag of frozen peas can be used as an ice pack and can be refrozen for re-use. Do not open and discard after use.) Do not lift anything heavier than a gallon of milk (approximately 8 pounds) for 2-3 days. Do not over exert yourself.
- 3) In about 24 hours you may take a shower but do not allow the water to spray directly onto the scrotal/groin area. Do not take a bath for the first 4 to 5 days. You may resume your normal bathing habits in 4 to 5 days.
- 4) Use the gauze pad and antibiotic ointment for 2 days, changing twice a day.
- 5) We will require you to bring in 2 semen samples, one at 4 weeks and one at 8 weeks following the vasectomy. We will provide you with a sample cup. These can be dropped off during normal appointment hours. Do not drop them off when the doctor is not in, samples will not "keep" for long periods of time and he needs to check your sample the same day. Anyone can drop a sample off for you, please make sure you have your name on the sample cup.

This guide is intended to provide you with a quick reference. Please be prepared to ask Dr. Gaker detailed questions about pre and post-operative care or concerns at your initial consultation.

Contact our office with any further questions or concerns: 513-423-0739.