

After Your Vasectomy

Simple recovery instructions

Before your vasectomy and ride home

- Eat a **light meal** before coming in. Do not arrive completely hungry or overly full.
- Clinic vasectomies are done with **local numbing medicine only**. Many patients drive themselves home.
- Do not drive if you feel faint, nauseated, weak, or in significant pain, or if you took sedating medicine.
- Bring a driver if you are very nervous, prone to fainting, have a long drive, or prefer help.
- For comfort, wear snug support. A small flat pillow or folded towel may help with bumps.

OR / anesthesia patients only

- If your vasectomy is done with sedation or anesthesia, you **must have an adult drive you home**.
- No driving, alcohol, or important decisions for **24 hours** after anesthesia.
- All other recovery instructions are the same.

Quick reminders: snug support + ice for 24-48 hours | no sex or ejaculation for 1 week | keep using birth control until our office says your semen test is clear.

What is normal

- Mild soreness, aching, bruising, or swelling for a few days
- A small amount of spotting or drainage from the skin opening
- Bruising or swelling that may look worse before it improves
- Mild discomfort when walking, sitting, or getting in/out of a car
- Tenderness or a small firm area near the vasectomy site
- Needing to take it easy for a couple days

Call clinic / MyChart

- Pain that is getting worse instead of better
- Swelling that is rapidly increasing or very one-sided
- Bleeding that continues, soaks gauze, or worries you
- Redness, warmth, pus, bad-smelling drainage, or wound concerns
- Questions about work, activity, sex, pain medicine, or semen testing
- Any concern that does not feel right to you

Go to ER / urgent care

- Severe pain not controlled with medicine
- Large painful swelling or concern for a large hematoma
- Bleeding that does not stop with gentle pressure
- Fever **100.4 F** or higher, shaking chills, or feeling very ill
- Trouble urinating
- Fainting, chest pain, shortness of breath, or other emergency symptoms

Pain control

- Most patients do well with ice, support, and over-the-counter medicine.
- Ibuprofen **800 mg every 8 hours as needed** if you are allowed to take it.
- Tylenol/acetaminophen may also be used as directed on the bottle.
- Stronger pain medicine: only if needed. Do not drive, drink alcohol, or work while taking it.

Activity and wound care

- Desk/light work: most return in **1-2 days**.
- Avoid heavy lifting, gym workouts, running, cycling, yard work, or physical labor for **2-3 days**.
- Shower after **24 hours**. No bathtub, hot tub, or pool for **1 week**.
- Do not scrub, pick, or pull at the incision. Stitches, if used, dissolve on their own.

Sex, birth control, and semen test

- No sex or ejaculation for **1 week**. After that, resume sex as tolerated, but keep using birth control.
- Semen test is usually around **8-16 weeks**, often after about **10-20 ejaculations**.

Do not stop birth control until our office tells you it is safe.

Questions?

Call the office during business hours or send a MyChart message.

Office phone: 832.556.6046

Follow any specific instructions given by your surgeon or care team.