

Instructions Following Vasectomy
No-Scalpel Vasectomy International

1. Spend a **quiet evening at home**, reclining in bed or on the sofa. **Minimize activity**. Tight undershorts are more comfortable than loose ones. Some men have no pain at all after vasectomy. Many have **mild discomfort** that does not require pain pills. Sometimes the discomfort is in the groins or abdomen. That's because the testes originate in the abdomen in embryonic life and drag their nerve supply with them as they migrate into the scrotum. So any issue in the scrotal contents can be perceived as an abdominal process.
2. Avoid aspirin for 2 days after the vasectomy. You may take **acetaminophen** (Tylenol or generic), otherwise known as **paracetamol** (Panadol or generic), 2 500-mg tablets every 4 hours if you have any discomfort. Ibuprofen (Advil, Motrin, Brufen or generic) is a pain medication and anti-inflammatory drug. For the first few days after a procedure, inflammation may be a normal part of the healing process, and some doctors prefer not to stifle it, so acetaminophen (paracetamol) is preferred. Pain **beyond 3 days**, especially if accompanied by some swelling of the vasectomy sites above the testes, may signify excessive inflammation and then **ibuprofen** (600mg every 8 hours) is a good choice. Some men will have more discomfort or tenderness 3-5 days after the vasectomy than they do for the first few days after their vasectomies. That's because the body goes through a series of steps in responding to the new arrangement, and sometimes the later steps are more noticeable than the earlier steps. This is usually no reason for concern.
3. You may take a daily **shower** starting the morning after the procedure. Wear supportive (tight) undershorts until you are free of any tenderness.
4. On **the day after the procedure**, you may walk and drive as much as you like, but no sports, yard work, swimming, or heavy lifting. If your job is sedentary (office work or supervisor), you may return to work.
5. **Two days after the procedure**, you may return to more strenuous work and **regular activities** wearing supportive underwear. When pain is gone and tenderness is minimal, you may return to the gym or to running, but on the first day back, do ½ of your usual workout: half the weight, half the reps, half the speed, half the distance, etc. If pain does not return, you may do your regular workout the next day.
6. When you no longer have any pain or tenderness, you may ejaculate. You may have **SEX 3 days after the vasectomy**. Blood in the semen within the first month or two after the vasectomy occurs in some men, but also no reason for concern.
7. Some men (about one in 20) will develop **delayed** swelling and **discomfort** on one side, sometimes on both sides, starting anytime from 3 days to 3 months following vasectomy. This usually represents an exaggerated form of the normal inflammatory response necessary for sperm resorption and recycling. It is effectively managed with a 5-7 day course of **ibuprofen 600 mg 3 times per day**.
8. If you have questions or problems, call Dr. _____ at _____.

Thank you for placing your confidence in the surgeons of No-Scalpel Vasectomy International