

Vasectomy Discharge Instructions

It is normal to have some discomfort after your analgesia has worn off as you do have some cuts and stitches in a sensitive area. You can take over the counter Tylenol for this discomfort but do not take aspirin, Motrin, ibuprofen or Aleve, as these all can cause bleeding... Take Tylenol. You should go home and relax. Minimize your activity, minimize time on your feet for 48hrs and use your scrotal support. If sitting or lying for extended periods be mindful to move (repeatedly pump) your ankles every 30 minutes so as not to develop blood clots in your legs. You can and should get up and move around but not excessively so. Leave your Jock Strap Scrotal Support in place for a minimum of 48hrs. (If you feel better with it on you may prefer to leave it on for 1 week.) If your scrotum is not swollen you may then remove scrotal support at 48hrs. If it swells after removal replace the jock strap until swelling resolves and repeat this process. If after 7 days you have no or minimal swelling you may resume incrementally more vigorous physical activity (exercise).

Your wound has absorbable stitches. If you develop puss or redness or fever (>100F) contact Dr. Mackey's office at 201-444-7070. A clear discharge is ok. Black or blue discoloration of the skin and mild oozing of blood may occur in the first few days. Ordinarily this is not troublesome. If you are not sure, call, but ultimately I may need to see what it is that is actually occurring. You may apply an over the counter antibacterial ointment twice a day over the first 48 hours if the wound becomes dried out. You may shower after 48hrs. No prolonged submersion in water for 7 days. In addition to the antibiotic you received during the procedure today you will be given a prescription for an additional oral antibiotic.

You may restart any aspirin, or anticoagulation medication in 48 hrs if there is no bleeding or swelling (swelling can represent unseen bleeding).

If you had IV sedation with your procedure do not drive, operate machinery, drink alcohol, or make important decisions until tomorrow. If you did not have IV sedation there are no such restrictions.

Ejaculation and intercourse can begin 10 days after vasectomy if you are pain free. **REMEMBER YOU ARE CERTAINLY NOT STERILE AND PROTECTION MUST BE USED UNTIL YOUR SEMEN SPECIMENS ARE FREE OF SPERM CELLS AS DETERMINED BY DR. MACKEY.** The first semen specimen can be collected for analysis as early as 6 weeks after vasectomy so long as there have been a minimum of twelve ejaculations. Collect the entire specimen in the container provided. Stimulate ejaculation preferably by masturbation. Do not refrigerate the sample. Bring specimen to Urology Group at 4 Godwin Avenue within 1 hour of collection. This is generally done between 8:30 and 11:30AM Monday through Friday. **YOU SHOULD CALL TO "MAKE AN APPOINTMENT WITH LAB PERSONNEL FOR A POST VASECTOMY SEMEN ANALYSIS" ONE BUSINESS DAY BEFORE YOU PLAN ON DOING THE SAMPLE.** Bring the specimen to the front window and tell the staff you have "a post-vasectomy semen analysis which the lab is expecting (at whatever time you made the arrangements with the lab for)." Also tell them what time you gave the specimen. By following this protocol you will get optimal results.