



## POST-OP INSTRUCTIONS FOR VASECTOMY

1. Go straight home after your vasectomy.
2. Plenty of rest. Stay off your feet as much as possible for the remainder of the day.
3. Place an ice pack/cold pack on the upper scrotum; use the band-aides as a target for the ice packs. Do not place the ice directly on the skin.
4. Wear a supportive undergarment day and night.
5. Do not shower or take a bath. You may shower the following morning. Use soap to cleanse the area thoroughly but do not scrub. It is important to keep the area clean
6. Use Tylenol as needed for pain for the first 48 hours. Ibuprofen can be used after the first 2 days if needed.

## DURING THE NEXT WEEK

1. **Do not participate in exercise routines or activities or lifting greater than 10 pounds for 3-5 days. Gradually increase your activity as you can tolerate it.**
2. No intercourse. You may resume intercourse in one week, but you will need to use some form of contraception until you have provided a negative semen sample.
3. Keep the incisions covered with a band-aide for 2 days. You may apply a small amount of antiseptic solution or ointment to the incision sites prior to applying the band-aide.
4. Use a supportive undergarment

## WHAT TO EXPECT

1. A small amount of discoloration (black and blue) in the scrotum, groin and/or bottom of the penis is normal and will resolve on its own.
2. A small amount of swelling inside the scrotum below the band-aide is normal. The swelling will resolve in 7-10 days.
3. A small amount of bleeding from the incision sites is not uncommon.
4. The skin stitch will dissolve and fall out in 7-10 days.
5. The procedure will not affect your ability to urinate.
6. It is common to have some mild to moderate discomfort at the vasectomy site throughout the first week.

## FOLLOW-UP SEMEN TESTS

1. You are not sterile until you have provided one negative semen sample.
2. Collect the sample in the container provided at home and bring it to lab within 1 hour of collection and kept at room temperature.
3. You can drop off your sample 10-12 weeks after your vasectomy. You should have 15-20 ejaculations prior to dropping off a sample.
4. If positive drop off another sample after 10 more ejaculation.

Good Shepard Hospital (Barrington)

(847) 381-0123-option for Central scheduling for drop off timing

Sherman Hospital (Elgin)

(847) 742-9800-option for central scheduling for drop off timing

## SEMEN ANALYSIS RESULTS

Results for your semen analysis will be posted to your Patient Portal. Below are examples of a NEGATIVE semen analysis. If your results are reported as such, you may discontinue use of contraceptives.

800-877-7016

Accession number:

**Post Vasectomy Sperm Count (Final result)**

	Value	Range	Resulting Lab:
<b>Semen, Post Vasectomy</b>	No sperm seen on an unconcentrated sample.	No sperm seen on an unconcentrated sample. /hpf	Sherman Hosp

Semen specimen 23SHR-220HE00237 from Semen Unspecified. Ordered by Lodowsky, Christopher M, MD. Authorized by Lodowsky, Christopher M, MD. Collected: 8/8/2023 0844 Received: 0927. Verified: 8/8/2023 0935. Resulted by Sherman Hosp.

**Resulting Labs**

**Sherman Hosp** CLIA: 14DO665268    ADVOCATE SHERMAN HOSPITAL, 1425 N. Randall Road, Elgin IL 60123

**See Values: Semen, Post Vasectomy (A)**

**Post Vasectomy Sperm Count (Final result)**

	Value	Range	Resulting Lab:
<b>Semen, Post Vasectomy</b>	<1 sperm seen per 5 HPF on an unconcentrated sample, equivalent to less than 100,000 sperm / mL.	No sperm seen on an unconcentrated sample. /hpf	Good Shepherd
<b>Motility</b>	Non-motile sperm present.		Good Shepherd

Semen specimen 23GHH-202HE00115 from Semen Unspecified. Ordered by Lodowsky, Christopher M, MD. Authorized by Lodowsky, Christopher M, MD. Collected: 7/21/2023 0815 Received: 0850. Verified: 7/21/2023 0908. Resulted by Good Shepherd.

If your semen analysis is POSITIVE. You will receive a call from our office with instructions from your physician. You should continue use of contraceptives.