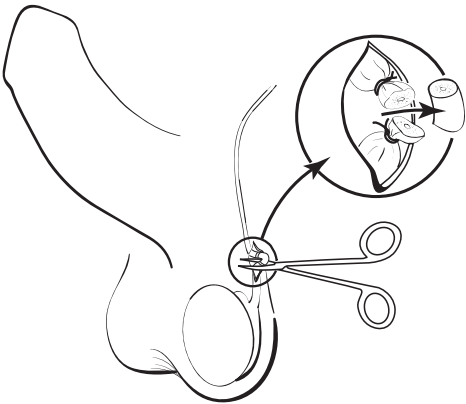




**Y**ou have had a vasectomy for permanent contraception (birth-control). Each vas deferens, the tube that carries sperm from the testicles to mix with the ejaculatory fluid from the prostate, has been divided and blocked off through one or two small openings in the scrotum. The opening(s) may have been closed with dissolving stitches. Any skin stitches should fall out within a few weeks when the skin openings have healed adequately.

Each vas deferens is exposed through a small incision and divided



When the “freezing” from the local anaesthetic wears off a few hours after your operation, you can expect some scrotal discomfort. This may last a few days. Use the pain medication as directed by your physician. Mild pain often can be controlled with acetaminophen (e.g. Tylenol™) or ibuprofen (e.g. Advil™).

You will likely be more comfortable in a scrotal support or snug underwear. A gauze dressing may be used to protect the incision. Usually, after 24 hours, no dressing is necessary.

Scrotal swelling and bruising are common after a vasectomy. Application of an ice pack (or a package of frozen peas) to the scrotum may help bring down any swelling. However, wrap the ice in a thin towel so that the ice is not in direct contact with the skin and apply for no more than 20 minutes, three to four times a day.

## Physical Activity

Plan to limit your activity to light work around the house for the next two to three days. Avoid strenuous physical activity, heavy lifting, or exercise for the next week. Any strain can cause bleeding and increase swelling.

You can bathe or shower after 24 hours.

## Sexual activity

Sexual activity can be resumed in about one week, when you are comfortable. Since you will remain fertile for several weeks after your vasectomy, due to persistent sperm in the tubes and glands, another form of birth control (such as condoms) must be used until you are advised that your semen is free of sperm. Regular ejaculation will help to clear out the remaining sperm from the tubes.

Between 8 and 12 weeks after your vasectomy, you must produce a semen sample by masturbation for laboratory analysis. Your urologist will inform you of the number of semen samples required, usually one or two. Until notified that your semen is sperm-free, you must use another form of birth control.