

## **INSTRUCTIONS FOLLOWING A SimpleVas® VASECTOMY BY DR. ESGAR GUARIN**

1. Plan to spend a **quiet evening** at home, reclining in bed or a lounge chair. Minimize activity.
2. You may take **acetaminophen** (Tylenol or generic) or **ibuprofen** (Motrin, Nuprin, Advil or generic) if you have any discomfort. Avoid aspirin for 2 days after the vasectomy.
3. No need for ice packs.
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. You may take a daily **shower** starting the morning after the procedure. Replace the scrotal support and wear it whenever you are up and around for the next 2 days, during sports for the next 7 days.
6. **Two days after** the procedure, you may return to more strenuous work and regular activities wearing your scrotal support. Wait 3 days for aggressive sports like basketball and tennis.
7. You may have **sex** 5-7 days after the procedure. It is common to have some blood in the semen for the first few ejaculations. **Use other forms of contraception until you are told that your semen is sperm-free.**
8. Since no incision is made, a **follow-up** visit is not required; but if you have undue discomfort or any concerns, please **call me at the office** (see numbers of locations at SimpleVas.net)
9. It is normal to have some **discoloration of the skin** around the puncture site. Some men will develop considerable discoloration of the scrotum about **4 days after the vasectomy**. Blood from the deep vasectomy site comes to the surface as a purplish-blue mark, gets darker and spreads out like an oil slick, then gradually dissipates.
10. Some men (about one in 20) will develop **swelling and discomfort** on one or 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 absorption and recycling. It is best managed with a 5-7 day course of **ibuprofen** 600 mg 3 times per day.
11. **At least twelve (12) weeks and 20 ejaculations** after your vasectomy, bring a **semen sample** to our office. This should be produced after a 2 day period of no ejaculation. Samples will not be checked early.

When you bring the sample, it should be in a small container with a lid, such as a pill bottle, baby food jar, 35mm film canister, etc. Please do not bring the sample in a condom or baggie as we will be unable to retrieve a specimen adequate to be checked and you will be asked to return with another sample in a container with a lid.

The sample should be produced the day of the examination, but can be 3-4 hours old. If sperm are seen you will be asked to continue other means of birth control and return with a second specimen in 2-3 weeks.

Please let us know if any questions

