



Post-Vasectomy Information

Post-Operative Instructions

- **For the first 3 days after:** apply ice wrapped in a paper towel to the scrotum every 20 minutes on-and-off (a bag of frozen peas is best for this).
- **For one week after:** do not perform any heavy lifting >20 pounds, strenuous activity, exercise.
- **For one week after:** do not ejaculate or have intercourse.
- You may take pain medication as prescribed by your Urologist. If you are using narcotics, be sure to use the prescribed stool softener.

Remember: You are still fertile after vasectomy and can impregnate your partner. You must continue to use contraceptives (ex. Condoms, etc) until you have had a confirmatory post-vasectomy semen analysis.

Symptoms

- Scrotal soreness is common for **1-2 weeks after** your procedure.
- The small sutures used to close the incisions *may* fall out **within 1 week**. That is generally fine and not a problem.
- **If you have uncontrolled pain, significant swelling, bleeding, or fevers/chills/drainage from your incisions, please contact the Urology Clinic at 617-732-6325.**



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Post-Vasectomy Semen Analysis

Instructions

- **3 months after** your procedure, you must have a confirmatory post-vasectomy semen analysis performed. This test will determine if the vasectomy was successful.
- You should have ejaculated 25 times before the semen analysis. **Abstinence should be at least 2 days, but not more than 3 days before the semen analysis.**
- Semen analyses are done at BWH Reproductive Endocrine Lab at 75 Francis Street in Boston, Monday-Friday from 7:15am to 10:00am. **No appointment is needed.**

Results

- The results of your semen analysis should be available in mail or through Patient Gateway **within 2 weeks.**
- After your Urologist reviews your post-vasectomy semen analysis and determines the vasectomy was a success, you may stop using contraceptives.
- **Do not stop using contraceptives until you have confirmed with your doctor.**

Men's Health Center

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