POSTOPERATIVE INSTRUCTIONS AFTER A SimpleVas® VASECTOMY

1. Plan to spend a **QUIET EVENING AT HOME,** reclining in bed or a lounge chair. Minimize activity.
2. You may take acetaminophen/naproxen **IF YOU HAVE ANY DISCOMFORT.** Check the instructions on how to take them at www.simplevas.net. Avoid aspirin for 2 days after the vasectomy. No need for ice packs.
3. APPLY ICE for 30 minutes and then remove for 30 minutes, then repeat for 4 hours. Keep the area DRY to avoid infections.
4. On the day after the procedure, you may walk and drive as much as you like. **AVOID SPORTS, YARD WORK**, swimming, or **HEAVY LIFTING.** If you 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 contact us.
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 7-10 day course of **IBUPROFEN or NAPROXEN** (see instructions at www.simplevas.net)
11. AT LEAST 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. We will **CONTACT YOU** once your sample has been checked.

Please let us know if any questions

Phone / text message: (800) 741-3357
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