

Vasectomy Center – Seattle * Eastside * Shoreline

Specializing in No-Needle No-Scalpel Vasectomy

John B. Abano, MD

Swedish Issaquah Campus * Swedish Greenlake Clinic * NW Men's Health Shoreline Clinic

(425) 394-0773 www.vasectomyclinic.com

POST-OPERATIVE INSTRUCTIONS FOR VASECTOMY

Remember: Continue to use some other method of birth control until you have had your semen analyzed and have been told that it contains no sperm.

1. Spend a **quiet evening at home**, reclining in bed or on a sofa. Minimize activity. **Some** men have **no pain at all** after vasectomy. Many have mild discomfort that does not require pain pills. Sometimes the **discomfort is in the groins or abdomen**. Call the after hours phone below if pain is worsening or if you have concerns regarding this.

DIET You may return to your normal diet as soon as you arrive home.

MEDICATION **Aspirin is to be avoided**. We recommend an anti-inflammatory for both pain relief and to diminish any swelling. For the next 72 hours, either ibuprofen (Advil) 600mg every eight hours **OR** naproxen (Aleve) two tablets every 12 hours, for 3 days may be taken. **IF** you are allergic to these medications, you may take acetaminophen 550mg every 6 hours as needed for pain.

3. Application of an ice pack may be used to provide comfort however, it is not required. Do not place ice directly on skin as this may cause skin damage.

4. You may remove the scrotal support and take a daily **shower** starting the morning after the procedure. Replace the scrotal support/gauze and wear it whenever you are up and around for the next two (2) days. We recommend to not exercise for 1 week after your vasectomy.

WOUND Some bruising or minor oozing from the skin opening, swelling, or mild tenderness of the scrotum are not unusual. Keep gauze on the skin opening until no ooze is seen. Replace twice daily. It is also not unusual to see occasional blood stained semen with the first several ejaculations following a vasectomy.

SUTURES In most cases your skin opening will have no sutures and the wound will close spontaneously in 1 or 2 days. Occasionally patients will have absorbable sutures and these will dissolve within the first week.

5. After 1 week, when pain is gone and tenderness is minimal, you may return to the gym or to running, but on the first day back, do half (½) of your usual workout: half the weight, half the

reps, half the speed, half the distance, etc. If pain does not return, you may do your regular workout the next day.

6. **When you no longer have any pain or tenderness, you may ejaculate.** I have always recommended waiting at least **five (5) days to resume gentle sexual activities**, but the American Urological Association Vasectomy Guidelines recommend that men wait a week. It is unclear whether sooner ejaculation prolongs discomfort. This depends on the level of discomfort the patient has during intercourse. Blood in the semen within the first month or two after the vasectomy occurs in some men, but also **no reason for concern**.

7. Since no incision is made, **no follow-up visit** is required. You can call Dr. Abano on his cell at **(919) 308 6154 after hours** for any questions or concerns. During **regular work hours**, please call **(206) 687-7638** or **(425) 394-0773**. **You can also email us at info@vasectomycenter.com regarding your concerns. We do check this often even after hours.**

PROBLEMS YOU SHOULD REPORT TO US. A fever of or greater than 100.5 degrees Fahrenheit, moderate or severe swelling under the skin incision or involving the scrotum or any drug reactions such as hives, a rash, nausea or vomiting should be reported. *If there is generalized redness, especially with increasing pain or swelling, let us know.* It is not unusual for the scrotum to develop some bruising. In time, this discoloration will disappear. It is not abnormal to have some swelling and minor discomfort after a vasectomy.

8. It is normal to have some **discoloration of the skin** (black and blue) around the puncture site a day or two after the vasectomy. Some men will develop considerable discoloration of the scrotum about **four (4) days after the vasectomy**.

9. **Twelve (12) weeks and 20 ejaculations** after your vasectomy, **have your semen tested** to be sure that it no longer contains sperm and if it is thereby safe to stop other forms of contraception (number of ejaculations and number of weeks are both important). A **tube** will be provided for specimens being **mailed. It contains a small amount of antibiotic so that the sample does not grow bacteria (do not wash tube)**. A **cup** provided for those **physically bringing in a specimen sample** will not have antibiotic powder.

***** If you are bringing the sample,** it should be in a small container with a lid. We will provide you with a specimen sample cup to bring back to the office. **Please check the times and location where you can drop off a specimen at www.vasectomyclinic.com.** If you lose the sample cup you may use anything 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 on the day of semen testing. Samples must be produced no more than four (4) hours. Please obtain the sample PRIOR to coming to the office.**

***** If you are mailing the sample,** use the mailer below and follow the instructions provided. **Call 425 394-0773, press 2,** about 5 days after you mail your sample **to obtain the results.** If sperm are still seen, please pick up another mailer to be returned with a sample to the same

office 4 weeks after the first sample. **If you send in your specimen before 12 weeks or if you lose the mailer** provided at the time of the procedure, we will send to you another mailer for a fee of **\$20 payable by credit card over the phone.**

If motile sperm are seen, you will be asked to continue other means of birth control until we are able to clear you as pregnancy is still possible at that time.

10. Finally, we would sincerely appreciate a good review at google.com or yelp.com. We hope we were able to provide you the best vasectomy experience possible. We hoped you had positive experience at our clinic and would send us feedback on anything we can do to help reasonably improve our services.

POST-VASECTOMY SEMEN SPECIMEN CHECK

Dr. JOHN ABANO, M.D.

20011 Ballinger Way NE, SUITE C100, Shoreline, WA 98155 - mailing address

Name:	Date of Birth:
Procedure: Vasectomy	Return specimen on or after:
Procedure Date:	Date Specimen Analyzed:
Procedure Location:	DO NOT MAIL OR PROVIDE SAMPLE EARLY
EXAMINER INITIALS	RESULTS