

NORTH IDAHO UROLOGY  
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INSTRUCTIONS FOLLOWING A VASECTOMY

- 1) A moderate amount of swelling and discoloration may occur in the area of the incision following surgery. This can be reduced by applying ice packs for the first day and by wearing an athletic supporter for the first few days.
- 2) Occasionally bleeding from the small vessels in the skin will result in the blue discoloration of the skin adjacent to the incision. This should not be a cause for concern.
- 3) Sexual intercourse can be resumed after 7 days. You may notice blood in the semen until the vas deferens ducts have cleared. You should consider yourself fertile until the semen check has been cleared six weeks from the date of the vasectomy; collect the specimen in the container provided. This specimen can be refrigerated in case you want to bring the specimen in the next day. Call the office before bringing in the specimen to make sure there is a doctor in the office to check the sample. In some cases, it takes longer than six weeks for the ducts to clear all the sperm. Do not be alarmed if this occurs. Specimen collection will be repeated at 8, 12, and 18 weeks, or until sperm are no longer present.
- 4) If stitches were used, they will dissolve on their own in about 5-10 days. You should not soak in the bathtub for the first week. However, showers can be taken at any time.
- 5) If possible, heavy physical work should be avoided for the first few days after the vasectomy. Strenuous physical work done even after the first few days may increase swelling of the scrotum. This may be minimized by the use of a firm athletic supporter. If increased swelling occurs, decrease your activity, apply ice, elevate the scrotum, and take ibuprofen.
  - a. Ibuprofen dosing
    - 800 mg every 8 hours
    - 600 mg every 6 hours
    - 400 mg every 4 hours

**CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING  
DANGER SIGNALS**

- 1) You have a temperature over 101° or chills.
- 2) You have excessive or prolonged pain,
- 3) You have excessive or prolonged swelling. Again, swelling may differ depending on physical work done.