**SURGICAL SERVICES**

Post-Operative Instructions

Vasectomy

**PAIN:**

You may experience some discomfort after surgery. Take your pain medication as prescribed by your Physician. Tylenol™ Extra Strength can be taken if needed.

**OPERATIVE SITE:**

A gauze dressing should be used over your incisions to prevent irritation from underwear. Your surgeon will advise you if you should apply Polysporin™ ointment to the incisions. You may wear a scrotal support or supportive underwear. Apply ice to the scrotum for 20 minutes every 2 – 3 hours while awake for at least 3-4 days to minimize swelling and pain.

**ACTIVITY:**

Frequent rest periods to prevent bleeding and swelling. You may shower the day after your surgery. Re-apply any dressings afterwards. You may return to work when your Physician advises. No physical exertion for two weeks. Avoid heaving lifting of anything more than 10 pounds (4.5 kg). No sexual intercourse for 3 weeks.

Ask your surgeon when you can resume any exercise program that you may be following. No hot tubs, saunas, or swimming until advised by your surgeon.

**DIET:**

Resume your regular diet the day following surgery. Increase the amount of fiber in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**ADDITIONAL INFORMATION**:

**CONTINUE USING YOUR METHOD OF CONTRACEPTION FOR 3 MONTHS or until a SPERM COUNT is done and your doctor confirms that you are sterile.**

Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

**Do not take any medication containing blood thinners or Aspirin™ until advised by your Surgeon.**

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.