

## Vasectomy Discharge Instructions

### General Instructions

- It is normal to have some swelling above the testicle and tenderness of one or both testicles. This may take several weeks to decrease.
- Some men will develop a sperm granuloma or pea-sized nodule above the testicle where the vasectomy was performed. This is normal and does not require any attention.

### Wound Care

- No stitches were used to close the skin
- Some mild drainage is normal for up to 72 hours
- Mild bruising is normal
- Wear compression shorts, jock strap or tight boxer briefs for at least 1 week

**Ice Packs - we suggest bags of frozen peas (at least 4) they conform nicely to the scrotum.** 20 minutes on 3-4 times a day for the first 72hrs.

### Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- You will be sent home on: Tramadol 50 mg every 6 hours as needed for uncontrolled pain

### Activity

- You can go back to most of your normal activities including walking, using stairs.
- You may shower tomorrow

### For at least the first 72 hours after your vasectomy

- o No heavy lifting (more than 10 lbs or 5 kilograms).
- o No strenuous exercises.
- o No sexual activity for 1-2 weeks after procedure

### Follow-up

- You will need to do a Post Vasectomy Semen Analysis (PVSA)

In 2-3 months and at least 20 ejaculations. You can purchase the kit from us or log into **meetfellow.com** and purchase one from them.

- The result of your PVSA will be emailed directly to you, so, **YOU MUST USE OTHER FORMS OF CONTRACEPTION OR RISK PREGNANCY.**

### **When to Call the Nurse (615-527-4700 option 3)**

- If you develop any of the following please call the nurse immediately:
    - o Fever > 101 degrees.
    - o Excessive swelling or bleeding from the scrotum
    - o Nausea/vomiting or pain that is not improving with the pain medication
  
  - You may also message us via the Advanced MD Patient Portal for **non-urgent** Questions. Remember it takes up to 8-10 weeks to fully heal.
- Lastly, we depend on referrals and 5 star reviews on Google. We would greatly appreciate it if you were willing to share your experience with others.
- Wishing you a speedy recovery!