

# Vasectomy

## General Information

A vasectomy is an operation to prevent pregnancy. It blocks sperm from getting to your semen when you ejaculate.

After the procedure is over, you will slowly wake up and be discharged from hospital when you are safe to go home.

If you were given a sedative, do not drive for 24 hours after your procedure.

## After the Procedure

### Activity

Avoid strenuous activity for one week. You may want to wear an athletic scrotal support, day and night, for 48 hours for comfort and support. Sexual activity may resume with protection after a week or two. It is important that you continue to use alternative methods of contraception until your physician tells you that you can stop.

### Diet

Return to your regular diet unless told otherwise by your doctor.

### Medicines

Your doctor will tell you if and when you can start your medicines and will give you instructions about new medicines. Take all medicines as prescribed.

### Incision Care

Expect swelling, minor pain, and a small amount of bleeding for a couple days. The sutures are dissolvable. If it helps, you may apply an icepack to the scrotal area for swelling and bleeding: 10 minutes on, 10 minutes off.

## Call Your Doctor or Seek Medical Assistance If You Experience:

- Excessive bleeding (bleeding which is not stopped with applying pressure);
- Persistent pain, bruising, and/ or swelling; or
- Yellow or green drainage and/or a fever of 38 degrees Celsius or greater.