

PLANNED PARENTHOOD OF GREATER TEXAS

Client Information

BEFORE AND AFTER YOUR VASECTOMY

Your appointment is on:

Before your vasectomy

Instructions

- Take a shower or bath the morning of your vasectomy; wash penis and scrotum well.
- Trim or shave any hair from the front side of your scrotum.
- Eat a light meal before you come to the clinic.
- DO NOT use any alcohol or drugs for 24 hours before your vasectomy.
- Plan to be at the clinic for at least one hour.
- Plan to do no physical work or heavy exercise for 2 days after your procedure.

What to bring

- Close-fitting jockey style briefs, jock strap, or athletic supporter.
- Someone to drive you home.

After your vasectomy

You may have some pain, swelling and bruising in the scrotal area. Call the clinic right away if you have severe pain or a lot of swelling.

Instructions

- After your vasectomy go home and rest. You may be able to do your normal activities in 2 or 3 days. Do not do physical work or heavy exercise for at least 2 days.
- Wear a jock strap or other support for 2 days while awake and asleep. After that, wear it for as long as it makes you feel more comfortable.
- If you have stitches, they will dissolve and do not need to be taken out.
- Do not pull, rub, or irritate the area.
- If you have pain or discomfort, pain medicine such as ibuprofen or acetaminophen taken every 4 to 6 hours should help.
- You may have sex after 1 week. Stop if it is uncomfortable.
- You can still get your partner pregnant right after the surgery. Most men will not be sterile until after 12 weeks (3 months). You must use another method of birth control until then. The only way to know for sure that you are sterile is to have a sperm check. You **must** bring us a sample of your semen for testing after 12 weeks.

Warning Signs

Call the clinic right away if you have

- Fever (over 100.4 °F)
- Blood or pus coming from the site of the incision
- Bad pain or swelling

What if I have an emergency?

Call the health center immediately during business hours at 1-800-230-PLAN (1-800-230-7526). After business hours, call us at (877) 586-5702, go to the nearest emergency room, or call 911. We are happy to help you.