



On call for post-vas patients

Patients present to the clinic for a pre-vasectomy consult during which we review informed consent and they are educated about the procedure, relative risks, pre and post procedure self care. Please read clinic protocol and info documents so that you have a sense of what patients already know going into the care. Often reassurance is all that is needed.

Generally, post procedure care includes scrotal support, intermittent ice application, and rest. Patients are advised about the amount of rest including bed rest or at most, limited, gentle activity for the first 24-48 hours following a vasectomy. The patient may return to light work in two to three days but should refrain from heavy work, sports, or lifting weights for one week. Patients are also advised to avoid sexual activity for at least one week following procedure. Most post vasectomy discomfort should be managed with acetaminophen and icing.

Complications:

Hematoma is the most common complication of vasectomy. Mild swelling and bruising are normal for the first 2-3 days.

Post-procedure pain varies, is usually mild and can occur in up to 30 percent of patients but is usually self-limited. Acetaminophen or ibuprofen (after the first few days) usually provides sufficient analgesia, although occasionally narcotic analgesics could be necessary. Pt can also take a warm sitz bath and use epsom salts.

Infection is very rare- less than 2% of cases. Should be evaluated if thought to be severe. Can be empirically treated if thought to be mild using dicloxacillin 500mg po bid x7, cephalexin 500mg po bid x7, or clindamycin (depending on allergies) 300mg po tid x7. The patient should call for increasing pain, bleeding from the incision site, fever, or significant scrotal swelling.

Please call [REDACTED] if you have concerns that you feel like you cannot manage. Please do not share cell # with patients.

For patients: WHERE TO GET MORE INFORMATION

Your healthcare provider is the best source of information for questions and concerns. The following organizations also provide reliable health information:

Planned Parenthood Federation of America:

<https://www.plannedparenthood.org/learn/birth-control/vasectomy>

Cleveland Clinic: <https://my.clevelandclinic.org/health/treatments/4423-vasectomy>