



HALTON UROLOGY

Dr. Kevin G. Kwan, BSc (Hons), MD, FRCS(C)
Minimally Invasive Surgery and General Urology

Assistant Clinical Professor
Division of Urology, Department of Surgery
McMaster University

Chief of Surgery, Milton District Hospital

Georgetown Hospital • Milton District Hospital • Oakville Trafalgar Memorial Hospital

Suite 205 - 311 Commercial Street • Milton • Ontario • L9T 3Z9 • Tel: (905) 875-3920 • Fax: (905) 875-4340
Email: office@haltonurology.com • Web: www.haltonurology.com

Post-Vasectomy Procedure Instructions

- 1) Please have someone drive you home after your procedure. Resume your normal diet.
- 2) Avoid strenuous activity for 48 hours after your procedure including any heavy lifting (no more than 10-20 lbs), pushing or straining. You may return to work the next day, as long as no strenuous activity is required.
- 3) You may shower the next day following the procedure. Do not take a tub bath or use a hot tub/pool for 5-7 days. It is not recommended, as this will soak your incisions and increase the risk of a wound infection.
- 4) You may apply an ice pack to the scrotum as needed (10 minutes on followed by 10 minutes off). This will help reduce any pain or swelling. It is also helpful to wear a proper scrotal support or alternatively, supportive underwear such as briefs.
- 5) Expect some mild pain/swelling of the scrotum and possibly slight fluid or blood leak from the wound. A gauze pad may be applied to the scrotum if there is any leakage from the wound. This drainage may continue for several days and is normal. If you notice some bleeding from the incision, firmly pinch the skin between gauze for 10 minutes.
- 6) Take Tylenol, Extra-Strength Tylenol, or anti-inflammatories such as Motrin or Advil as needed for any pain or discomfort. Follow the package directions regarding usage and dose. A stronger prescription pain medication is rarely required or necessary.
- 7) You may resume having sexual activity 1 week after the procedure, if you are comfortable.
- 8) You will be given a specimen container for your semen analysis. You need to do a post-vasectomy semen analysis 12 weeks after the vasectomy as per current guidelines. **Until you are told that you are sterile, it is critical that you continue to use another form of birth control.** Please bring the semen specimen to any laboratory facility. **Do not bring your semen sample to my office.** The closest lab to my office is at 101-311 Commercial Street in Milton.
- 9) **Semen analysis results will not be given over the phone.** Your results will be discussed with you in person at appointment given to you on your appointment card. You will also have an opportunity to address any other concerns you have at the follow-up appointment.
- 10) If you experience any of the following, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department: unusual or severe pain that is not relieved by pain medication, excessive bleeding or drainage, not controlled by the measures described above, excessive swelling (bigger than a golf ball) or redness, chills or fever over 38 degrees C (101 degrees F).