

Vasectomy Central

Post-op Instructions



If you have questions or concerns, contact Dr. Marc-Andre Filion at 780 240 0849. For **urgent** matters, go to the ER or Ambulatory Care Center.

Today.....

- Do as little as possible, relax, watch TV, play video games etc.
- **Avoid** Aspirin, Advil, Motrin, Naproxen or other NSAIDs for the first 3 days (these increase the risk of bleeding and bruising)
- Use Tylenol or Tylenol #3 as needed for pain. Unless told otherwise by Dr. Filion, take Tylenol 1g every 6 hrs as needed (max 4g Tylenol/day)
- Do **not** take a shower
- Wear your scrotal support at all times (decreases risk of bleeding)

Expectations

- It's normal to have lower abdominal aching
- You may notice some bruising over the scrotum

Tomorrow.....

- Relax, don't do too much, no sports
- Wear your scrotal support while awake
- You may take shower
- Gentle walks, no big outings

Expectations

- It's normal to have lower abdominal aching

Day 3-7.....

- Gradually return to normal activity using pain as your guide
- Use scrotal support when up and about or as needed
- You may shower daily as needed
- Can use NSAIDs (Advil, Motrin etc) for pain from now on as needed
- If your job is sedentary, you can likely go back to work on day 3, otherwise wait another day or two

Expectations

- Some may have more pain between days 3-5 than prior days
- Pain starts to improve, most resume near normal activity

Day 7+.....

- You may begin to ejaculate and/or have intercourse.
- Use **back-up** birth control for 12 weeks **and** 20 ejaculations **and** until proven sterile by the lab
- Return to normal activity
- You may go swimming

Expectations

- Most men return to normal function, use pain as your guide.
- It's normal for your testicles to be more sensitive at times.
- You may notice a small amount of blood in the semen after the first few ejaculations, which is normal.

Week 12+.....

- Book your appointment with the lab (phone # is on back of requisition provided)
- Follow instructions on semen analysis requisition closely
- Bring it to the lab within 30-60 min for testing