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Vasectomy

This information explains how to care for yourself after your vasectomy.

What to Expect After Your Procedure

- You will have some discomfort in the scrotum, take regular painkillers as prescribed
- Refrain from intercourse/ejaculation for one week. Ejaculation may cause some discomfort in the groin and testicles until the tissues heal.
- You may return to work and resume normal, non-strenuous activity in about 24 hours. Activities such as weight lifting and jogging should not be resumed for a minimum of one week.
- Absorbable stitches are used for closure of the wound and do not necessitate removal.

Call Your Doctor or Nurse if You Have:

- A temperature of 38.0° C or higher
- Redness, swelling, excessive pain or bleeding, or discharge at the incision site
- Any other problems or concerns