

### Vasectomy Information:

- During vasectomy, the vas deferens (the tubes that transport sperm from the testicle) are divided and sealed.
- Vasectomy is the most effective form of birth control, but there remains a small (1 in 2000) chance of an unintended pregnancy after a vasectomy.
- Vasectomy does not protect against STDs.
- Vasectomy should be considered a permanent form of birth control.

### Risks of Vasectomy:

- Infection
- Bleeding
- Temporary post-procedural discomfort is not uncommon. This typically lasts 2-3 days. Ice packs, compression shorts, and ibuprofen will help to minimize this in the immediate post-procedural days. Rarely, men may have persistent pain after vasectomy that requires additional treatment.
- Rarely, a repeat vasectomy is required if sperm persist in the semen or if the vas stumps grow back together.
- There is a 1 in 2000 chance of an unintended pregnancy in the first year after a vasectomy.

### Restrictions:

- You should not ejaculate for the first week after vasectomy.
- No lifting >10# for the first week after the procedure, and >20# for the second week after the procedure.
- Avoid running or strenuous activity for the first 2 weeks after the vasectomy.
- No baths or swimming in pools or the ocean until the vasectomy site has completely healed (typically 3-4 weeks).
- We check for sperm at 2 months after the procedure (see Semen Analysis instruction sheet). You are considered fertile and should take reproductive precautions until you have been cleared by Dr. Samplaski.

### Pre-Vasectomy Instructions:

- Vasectomies are performed in the clinic as an outpatient procedure.
- Please shave your scrotum prior to the procedure.
- The procedure will take approximately 45 minutes.
- You should email the CA State consent form to Dr. Samplaski or Maria Gonzalez (Dr. Samplaski's administrative support), or bring it to your appointment with you ([mary.samplaski@med.usc.edu](mailto:mary.samplaski@med.usc.edu), [maria.gonzalez@med.usc.edu](mailto:maria.gonzalez@med.usc.edu)). This form must be dated >1 month from the date of your clinic consult with Dr. Samplaski.
- You should take Valium when you check in to the clinic (if you are using the oral sedative, Valium).
- You should plan to take the rest of the day off. Many men also take the day after the procedure off as well.
- You should use frozen peas/corn wrapped in a towel to help reduce the pain and swelling, or a soft ice pack.

### Post-Vasectomy Instructions:

- Things to purchase to help your post-vasectomy recovery:
  - 1) ~5-7 compression shorts
  - 2) Ice packs that are flexible or mold to the shape of your scrotum
  - 3) Ibuprofen 200mg (or Tylenol 325mg)
- Take Ibuprofen 600mg (or Tylenol 326mg) every 8 hours around the clock for the first 72 hours after the procedure. After this you can decrease to as needed.
- You can shower the day after the vasectomy.
- The stitch will fall out on its own in 3-4 weeks.
- You may resume intercourse after 1 week.
- You can resume gym and strenuous physical activity after 2 weeks (see above weight restrictions).
- Set a reminder in your smart-phone to check a sperm test (semen analysis) in 2 months. You are considered potent (and should use birth control) until you have a semen analysis demonstrating no sperm. We check for this at 2 months. You can check sooner, at the risk of sperm being present and having to check a second (or third) semen analysis.
- Email Dr. Samplaski with ANY QUESTIONS OR CONCERNS ([mary.samplaski@med.usc.edu](mailto:mary.samplaski@med.usc.edu)). We want you to succeed and have a smooth recovery. Most men do not have issues, but if these do arise, we want to catch them early. Most men do not have a clinic follow-up, but if you need to be seen we are happy to make these arrangements.