MEN'S HEALTH GEORGIA

404-586-4570
menshealthgeorgia.com
Monday to Friday, 8am to 5pm

No-scalpel vasectomy: patient guide

What to expect before, during and after your vasectomy at Men's Health Georgia, the men's health practice of Advanced Urology.

> **Key points.** A vasectomy is permanent birth control for men. It is done in the office under local anesthetic with light oral sedation, so someone must drive you home. You are **not** sterile right away: keep using other birth control until a semen test shows no sperm.

Before your vasectomy

- A vasectomy is meant to be permanent. If you think you may want children in the future, talk with your urologist about other options first.
- You may eat a light lunch on the day of your vasectomy.
- Shave your scrotum the night before.
- Wear compression shorts to your appointment.
- **Arrange for someone to drive you home.** You will receive light sedation by mouth, so you cannot drive yourself.

During the procedure

- The procedure is done in the office under local anesthetic, plus light oral sedation.
- Your urologist makes one or two very small openings in the scrotum, then cuts and seals each sperm duct (vas deferens) and returns the ends to the scrotum. A short piece of the vas may be removed to lower the chance that the ends rejoin.
- The openings are so small that stitches may not be needed. Any stitches used dissolve on their own.

After your vasectomy: aftercare

- Remove all dressings from inside the compression shorts after 24 hours.
- Keep wearing scrotal support for 1 week.
- Apply ice packs to the scrotum the night of your procedure and as much as you can the next day.
- After 36 hours, take a warm bath at least once a day for 1 week. You can shower as usual.
- For 3 days, avoid strenuous activity (such as climbing ladders, cycling, riding a motorbike or playing tennis) and don't lift anything heavier than a few pounds.
- Wait about 1 week before sex.
- Most men return to work in about 2 days; many plan the procedure before a weekend.

What is normal

- A little oozing blood (enough to stain the dressing), some discomfort and mild swelling. These should ease within about 72 hours.
- Bruising of the scrotum and base of the penis. It is not painful and fades on its own in a few days.
- Blood in your semen for 1 to 2 weeks.
- Your hormones, erections, sensation and the amount of semen stay essentially the same.

When to call us: 404-586-4570

- Swelling in the scrotum that keeps growing or becomes painful, which can be a sign of bleeding inside the scrotum
- Bleeding that soaks through the dressing or does not stop
- Pain, swelling or discomfort that is getting worse instead of better after about 3 days
- Any other question or concern about your recovery

If you think you have an emergency, call 911.

Follow-up semen test

- Sperm can stay in your semen for 3 to 6 months or longer. **Keep using other birth control** until your semen has been tested and no sperm are found.
- You will need a semen analysis about 12 weeks after your vasectomy. Our team will tell you how to get your test kit.
- Do not ejaculate for 3 to 4 days before you collect your sample, and get the sample in within the time your instructions give.

Medically reviewed by Dr. Chirag Dave, Men's Health Georgia. Updated November 2026. This guide is general information for patients and does not replace the instructions your urologist gives you.