

**Madigan Army Medical Center  
Ft. Lewis Washington 98431  
Urology (253) 968 – 1579**

**Care after a vasectomy**

- 1) Remove dressing 24 hours after surgery.
- 2) You may shower 24 hours after surgery. Wash the incision with mild soapy water. Do not scrub or rub over the incision. Allow the incision to dry completely after showering. No tub baths or soaking the incision for 2 weeks.
- 3) Apply an ice pack to the scrotum for 20 minutes out of each waking hour for the first 48 hours after surgery.
- 4) A small amount of blood from the incision, bruising, pain, and swelling are normal and should begin to subside 72 hours after surgery. Take your pain medications as prescribed.
- 5) No PT (physical training) or strenuous activity for 2 weeks. You must take your profile and quarters paperwork to your unit.
- 6) No sexual intercourse or ejaculations for 3 weeks.
- 7) Wear a jock strap /scrotal supporter for 1 week, then as needed for discomfort.
- 8) Stitches are above the skin and will fall out on their own in 7-14 days.
- 9) Report to the laboratory for a semen analysis 6 to 8 weeks after your vasectomy. In the weeks before you semen analysis, you must ejaculate 15 to 20 times.
- 10) You must use some form of birth control until there are no sperm found on your semen analysis and an urologist or your primary care provider informs you that you sterile.**
- 11) Call the clinic during duty hours or the emergency room after hours when:
  - a) There is increased drainage from the incision,
  - b) bleeding that saturates the dressing,
  - c) marked swelling,
  - d) pain that is not relieved by prescription medications,
  - e) or fever greater than 101 degrees F.

Please contact the urology clinic at (253) 968-3286 or 968-1579 between 8:00 AM and 4:00 PM, Monday through Friday, with any further questions. If you need help after duty hours please call or go to the Emergency Room (253) 968 – 1390.

Robert C. Allen  
COL, MC  
Chief, Urology Clinic