

What can I expect after surgery?

- Following your vasectomy, you may expect to experience some mild pain, swelling, or discomfort. **This is normal.**
- During your recovery process, the level of pain you feel may vary but will typically be worst the day of surgery and the day after surgery and then get better.
- More than 95% of patients undergoing a vasectomy can safely manage their pain without opioids using over-the-counter medication such as Tylenol® (acetaminophen) and Motrin® (ibuprofen) and alternative pain management strategies such as ice and tight underwear (see below).
- If you experience uncontrolled pain, please contact your doctor's office.

How should I manage my pain?

- The **best** strategies for controlling your pain after surgery include:
 - **Resting** and limiting activity after surgery (e.g., no heavy lifting).
 - **Applying an ice pack** on the scrotum area. Cover the icepack with a towel so it is not directly against the skin and alternate by placing the ice pack on the area for 20 minutes, then remove for 20 minutes. Do this until bedtime on the day of your vasectomy.
 - **Wearing snug or tightfitting underwear** to help support and minimize swelling to relief discomfort.
 - **Alternating** Tylenol® (acetaminophen) and Motrin® (ibuprofen) for the first 2-3 days after surgery, as long as you do not have any allergies or medical issues that prohibit you taking these medicines.

How to alternate pain medication:

- Take 650 mg of Tylenol® (2 pills of 325 mg) every 6 hours staggered with 600 mg of Motrin® (3 pills of 200 mg) every 6 hours.
- For example, if your first dose of Tylenol is at 12:00 PM:

12:00 PM	Tylenol 650 mg (2 pills of 325 mg)
3:00 PM	Motrin 600 mg (3 pills of 200 mg)
6:00 PM	Tylenol 650 mg (2 pills of 325 mg)
9:00 PM	Motrin 600 mg (3 pills of 200 mg)

Continue alternating for 2-3 days

Do not take more than 3,000mg of Tylenol (acetaminophen) in 24 hours.

What is an opioid?

- An **opioid** is a narcotic prescription medication that carries serious risks of addiction and side effects like nausea, vomiting, constipation, itching, confusion, sleepiness and dizziness.
 - ❖ *You are at a higher risk for dependence or addiction if you have history of depression or anxiety, long term chronic pain, use or abuse alcohol, tobacco, and/or drugs.*
- If your doctor prescribes you an opioid, ask them if you can take any of the medications listed above. Some forms of opioids contain Tylenol® (acetaminophen).

Our goal is to provide patients with the best possible care by safely eliminating opioids for patients undergoing a vasectomy while maintaining patient safety and satisfaction.