

### **INSTRUCTIONS TO FOLLOW AFTER A VASECTOMY**

1. An ice pack is to be placed on the scrotum for 6-12 hours, at 15-minute intervals. The ice should be applied as soon as you arrive home.
2. A scrotal supporter or briefs should be worn for 48 hours. Thereafter, you may wear it as long as you are more comfortable with it, than without.
3. Avoid strenuous exercise (i.e. weight lifting, bike riding) for 5-7 days. You may perform all other normal activities after 48 hours.
4. You may shower the day following your vasectomy. You may wash the scrotum with soapy water, rinse and pat dry. **DO NOT RUB.**
5. All stitches will dissolve by themselves; they do not require removal. If a stitch comes away prematurely, the incision may open a little, and a small discharge from the wound or a slight amount of bleeding may develop. Do not worry about this. Continue to shower as before and place a small gauze sponge inside the scrotal supporter.
6. Most patients will only need Tylenol and Ibuprofen for discomfort. You will get a prescription for a few Vicodin to use if the Tylenol and Ibuprofen do not control your discomfort. Take Ibuprofen 200mg to 400mg, 4 times a day with meals and at bedtime, for 4 days. Keeping off your feet will also help with any discomfort.
7. A small amount of oozing blood (enough to stain the dressing), some tenderness and mild swelling in the area of the incision is not unusual. It is normal for the scrotum to turn black and blue. If there is an unusual amount of pain, a large swelling of the scrotum or continued free bleeding, please call the office.
8. You **are not** sterile the day of the procedure. It takes approximately 8-10 weeks, before the spermatozoa are emptied from your system. You **should not** consider yourself sterile until a semen analysis with **zero** spermatozoa is submitted.
9. Abstain from sexual activity for 5-7 days. After the 1<sup>st</sup> week we recommend ejaculating at least twice a week for the next 8-10 weeks.
10. Please submit a semen specimen with your name on it, to our office **in the sterile cup which was provided to you on the day of your procedure.**

**The specimen: \* Should be collected directly into the container and brought to our office no later than 1 p.m.**

**\* Should not be submitted in a condom, baggie, or any other container, other than what you were given by our office**

Thank you for choosing Urological Associates to help assist with your medical needs.