



Post Vasectomy Instructions

- 1) Remember that until two semen specimens you bring to the office at two and four months are declared "safe", **you can still get your sexual partner pregnant !**

Use another form of birth control !

- 2) Keep your incision clean and dry. You may shower but not take a bath, sit in a hot tub/jacuzzi, or swim for 5 days.
- 3) Wear your jock strap for 24 - 48 hours afterwards or until you feel comfortable.
- 4) Keep ice on the scrotum (outside the jock strap) for 6 - 8 hours afterwards.
- 5) Limit your activities for 48 hours afterward, this will help avoid complications like swelling, bruising and discomfort. **Avoid ALL strenuous activity for one week** after the vasectomy.
- 6) If you have discomfort, use the Ibuprofen prescribed before the vasectomy:
take one _____mg. tablet every 6 - 8 hours if needed.
- 7) It is normal to have some blood tinged or watery drainage from the opening site for about 24 hours – use the gauze in your athletic supporter to catch this. Call the office if you have discomfort not relieved by the Ibuprofen, you notice ongoing bleeding, or swelling at the wound site larger than a marble in size or if you have any concerns or questions not covered here.
- 8) Most men return to work 48 hours after their vasectomy. If you do *unusually* strenuous work we need to talk about this, and possibly make work changes for 7 days after the vasectomy.
- 9) Do not ejaculate (cum) for **one week** after the vasectomy. This allows the burned, cut tube to heal. After this week you may start to have sex again **using reliable birth control.**
- 10) You **MUST** bring two semen specimens to the office to have them examined at two and four months. They **MUST** be collected first thing Monday morning and brought in on the following dates:
a) 2 Months : _____ b) 4 Months : _____