

## POST VASECTOMY INSTRUCTIONS

1. Engage in no strenuous physical activity for five days after the procedure. Examples are: lifting, running, gardening, sports and sexual activity.
2. Do not shower or bathe for 24 hours after the vasectomy. Then shower for 3 days. Blot dry **do not** rub.
3. Use Tylenol as necessary for any discomfort. Fill the prescription only if discomfort is not relieved by Tylenol.
4. Cool pack to scrotum for 24 hours.
5. Six to eight weeks after the vasectomy, you should go to your lab with a prescription for a semen analysis.
6. Six months later, then a year later after your vasectomy and **every** year after that, you should submit a semen sample to be checked for sperm presence. This is to detect early recanalization. You may do this at any laboratory facility. Contact our office for a prescription.
7. Your skin sutures will absorb. There is no need to return to the office to have them removed.
8. Redress the scrotum daily with gauze pads. Keep the dressings in place with your jockey shorts or athletic supporter. Jockey shorts are to be worn day and night until the wound has healed (usually 7-10 days).
9. Bruising (black and blue discoloration) around the incision is considered normal.
10. If pain worsens after 48 hours or drainage occurs more than 48 hours post procedure call our office.
11. Call for fever above 101.5 or chills.

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Witness

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Date

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Signature of Patient

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Print Patient's Name