



Post Vasectomy Instructions

- 1) Remember that until your 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) Call the office number above 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.
- 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 : _____
- 11) Call the office during regular hours if you have any concerns or questions not covered above.