



### VASECTOMY POST-OPERATIVE INSTRUCTIONS

1. For the next 24 hours, keep the surgical area dry. Do not bathe. Confine yourself to minimal activity and refrain from sexual intercourse. Apply ice every ½ hour to every hour during the first 24 hours if possible. You may shower the following day.
2. After 48 hours wear a scrotal supporter (Jock Strap) as long as you are more comfortable with it on than without it.
3. Avoid strenuous physical exercise for 5 to 7 days. You may perform all other normal duties. Wear either tight underwear or a scrotal supporter (Jock Strap) for the first week following the vasectomy.
4. You may shower or bath on the day following vasectomy and thereafter. Use soap and water to wash the scrotum. Rinse and dry by blotting the skin, not rubbing.
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 possibly a small discharge from the wound or a slight amount of bleeding may develop. Do not worry about this. Continue to bathe as before, and place a small gauze sponge inside the scrotal supporter which you are to wear until the incision dries up.
6. If you have pain or discomfort immediately after the vasectomy, two Tylenol tablets taken at 4 to 6 hour intervals are usually enough to provide relief from the discomfort. An ice bag will provide additional comfort after the local anesthetic wears off. If pain is not improved with Tylenol; take the medication prescribed by the doctor.
7. A small amount of oozing (enough to stain the dressing), some tenderness and mild swelling in the area of the incision is not unusual, and should subside by 72 hours. This should not cause alarm, but if there is an unusual amount of pain, significant swelling of the scrotum or continued bleeding, feel free to call the office at any time.
8. Maintain the usual precaution against pregnancy for either 6 weeks or 15 ejaculations, whichever occurs first and before proceeding to unprotected intercourse, bring a semen specimen into the office. You are requested to submit another semen specimen 2 weeks following submission of the first. Do not have unprotected intercourse until you are notified that there are no longer sperm in your analysis. If your vasectomy was performed by Dr. Miller you are required to return to the office 5 to 6 weeks after the vasectomy then again the following week.
9. Written confirmation of the successful completion of the surgery will be provided after laboratory analysis confirms 2 semen specimens free of sperm.

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