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VASECTOMY POST OPERATIVE INSTRUCTIONS

1. Rest at home today. Stay off your feet for the first 40 hours to help reduce the risk of swelling. You may return to work in 3 days.
2. If you had sedation, you may not drive or operate machinery until the following day.
3. No alcohol for 24 hours following the procedure.
4. No heavy lifting or straining for 72 hours after procedure. No strenuous activity for exercises for at least 7 days.
5. Take Tylenol as needed for pain.
6. Keep wounds clean and dry. Keep water off incisions for 48 hours. Remove dressing in 48 hours. Sutures will dissolve by themselves
7. You may shower 48 hours after procedure. Pat scrotal. Continue to wear support for the next 2 weeks to provide the maximum amount of support and comfort.
8. You may experience some discomfort, swelling and oozing from the incisions. If bleeding, swelling or pain is excessive and not relieved by medication, call physician immediately.
9. Apply ice pack to scrotal area for the first 24-48 hours after procedure. Do not apply directly to skin. Apply ice 30 minutes on and 30 minutes off pattern.
10. You may resume sexual activities 7 days post op.
11. You must continue using a form of contraception until you speak with a coastal urology physician and he gives you the go ahead to have unprotected sex.
12. We would expect you to have a sperm count done after 20 ejaculations, collected in a clear container and brought to the appropriate lab. A second specimen should be brought in 1 week later to same laboratory. The office will notify you of the results. If you do not hear from the office within 2 weeks of the second specimen, contact the office.

Signature _____ Date _____

Witness _____ Date _____