

VASECTOMY POSTOP INSTRUCTIONS

1. If you have IV sedation, begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the following day, you may resume the diet you normally follow.
2. Do not drive a car or operate machinery for 24 hours after sedation.
3. Do not consume alcohol, tranquilizers, or sleeping medication for 24 hours after sedation or if taking pain medication.
4. Do not make important decisions or sign any important papers in the next 24 hours after sedation.
5. You should avoid any strenuous activity for one to two (1-2) weeks. This includes activities such as golf, tennis, cutting the grass, stretching exercises, and so forth. You should avoid lifting anything over twenty (20) pounds for the next week.
6. You will feel more comfortable if you put ice on the incision for the first four to six (4-6) hours after surgery.
7. The scrotal supporter and dressing can be removed the day after your surgery. A shower may be taken at that time. It is not necessary to cover the puncture site after that. If there is drainage from the puncture site, you can put gauze over it. You can wear either a scrotal support or snug underpants to provide good support to the scrotum.
8. Take pain medication as directed.
9. Two-week follow-up appointment in office
10. It will be normal to have some moderate swelling or bruising of the skin that can last for one to two (1-2) weeks.

SEMEN ANALYSIS: Call the office before coming in to be sure there is a physician to read your specimen. Obtain a sterile container from the office and collect the specimen at home. Continue to use some other method of birth control until you have had your semen analyzed twice (approximately 8 and 11 weeks after the no-scalpel vasectomy) and have been told that it contains no sperm.