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INSTRUCTIONS AFTER YOUR VASECTOMY

1. Restrict your activities for 24 hours. Being a *couch potato* will reduce the chance of swelling, bruising, bleeding and pain. Do not engage in athletic activities for five days. Prematurely exercising can result in a large scrotal hematoma!
2. Apply an ice pack intermittently to the scrotum for the first 24 hours, twenty minutes on, twenty minutes off, etc. This will help keep the swelling to a minimum.
3. Wear supportive jockey shorts or an athletic supporter for a few days. This will help immobilize the scrotum.
4. An anti-inflammatory medication such as Ibuprofen, Motrin, Advil will often suffice for the post-operative discomfort, without all the side effects associated with a narcotic. If you need a stronger medication, fill the prescription for the narcotic medication.
5. You may shower or bathe the day after the vasectomy. Use a gentle patting technique with the towel instead of rubbing.
6. You may resume sexual activity as soon as you are feeling well enough to do so. Remember to continue using contraception, until your semen analysis confirms the absence of sperm!
7. You cannot have unprotected intercourse until you have had 2 negative semen analysis. We recommend the first analysis after approximately 15 ejaculations. We recommend the second 2-4 weeks after the first negative specimen. Your urologist will contact you with the results when available.
8. Your prescription for your semen analysis should be in your packet of paperwork. If it is not please contact your urologist.
9. If you encounter a problem or have an emergency, call 973-539-1050, and the on-call urologist will be paged.