

SOUTH BAY UROLOGY MEDICAL GROUP, INC.

A DIVISION OF USSC

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POST VASECTOMY INSTRUCTIONS

- First Day:**
1. Rest and continuous ice pack to scrotal area over the jock strap for six hours.
 2. No vigorous activity, straining, lifting, intercourse, etc. for the rest of the day. Continue to wear the jock strap.
 3. Take one or two extra strength Tylenol every four to six hours - if needed - for discomfort.
- Second Day:**
1. Wear jock strap when up and about. Place a clean cloth, handkerchief, gauze, or Kleenex between the surgical site and the jock strap.
 2. You may resume intercourse and any activities that do not make you uncomfortable. You will have to be the judge of each activity you want to perform. If fearful or in doubt, call the office. Avoid heavy lifting or athletics.
 3. Take a bath in hot water for ten minutes in the evening. The surgical site should be immersed as well. Don't be afraid to get it wet and keep it clean in this manner.
 4. You may have swelling or discomfort on one or both sides. Occasionally, there may be drainage, loss of a suture, or separation of the skin edges. These are normal and will heal. Continue with the jock strap, Tylenol, and baths.
- One Week:** If you have doubt about recovery, discomfort, swelling or questions about the surgery, call the office to speak to the doctor or make an appointment.
- Sperm test:** Two negative semen analyses will be required before you are able to safely have unprotected sex. The first semen test may be taken to the lab after you have ejaculated **at least 25-30 times (by intercourse or masturbation) AND no sooner than 8 weeks after the vasectomy.** Ejaculate into the cup provided and take the specimen to the lab. It should arrive within one hour. Either you or your partner can deliver it. You may want to call the lab ahead of time to confirm the hours.

We will give you or your partner the report when the test results are available. Call our office in 48 hours for results.

The second semen test (collected and delivered in the same manner) must be done after **an additional 15-20 ejaculations but no sooner than two weeks after the first.** Call our office in 48 hours for results.

As always, please do not hesitate to contact the office if any issues or questions arise