



VASECTOMY INSTRUCTIONS

- 1) The morning of the procedure, using a razor, remove all hair from the scrotum.
- 2) Wear a jock strap or supportive underwear to the office on the day of your vasectomy. This will provide support and make you much more comfortable after the procedure.
- 3) You may bath or shower again starting the day after the vasectomy.
- 4) No pools/hot tubs for one week after the vasectomy.
- 5) We recommend that you rest for 2 to 3 days after the vasectomy: no strenuous exercise or heavy lifting.
- 6) Acetaminophen (Tylenol) should be sufficient to control pain or discomfort. If the pain increases or cannot be controlled with over the counter pain medications, please call the office so that we can evaluate. Intermittent use of ice packs (bags of frozen peas work well) for 20 minutes at a time as needed. DO NOT apply ice pack directly to skin.
- 7) It is normal to have some swelling and pain after the vasectomy. However, if the swelling/pain is worsening or you develop a fever, please call the office so that we can evaluate you, or go to the Emergency Room for evaluation.
- 8) It is okay to resume intercourse in approximately one week. You must use another form of birth control until we verify that there are no sperm in your semen.
- 9) After at least 12 ejaculations and 8 weeks, bring one semen specimen into the lab. Please call the lab before to make sure someone is there to look at the sample. The sample must be fresh and brought directly to the lab. It may be necessary for you to do a second specimen depending on the results of the first specimen. The clinic will contact you with the semen analysis results. If you have not heard from the clinic one week after dropping off the semen sample, please contact the clinic for your results.

Mammoth Hospital: Lab: 760-924-4090 ----- Specialty Clinic/Urology: 760-924-4102