

## ***Pensacola Urology, P.A.***

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### **VASECTOMY POST-OPERATIVE INSTRUCTIONS**

1. Go home immediately and place an ice pack on the scrotum for at least a 12-hour period.
2. Wear an athletic supporter for two days. If it's more comfortable, continue to wear the athletic supporter for a longer period.
3. Restrict your activity the next day: loaf, watch TV, do mostly nothing.
4. Resume light activity on the second day. Feel free to drive around a bit.
5. Resume showers on the following day. Clean the scrotal area with soap and water and allow area to dry.
6. Resume your usual activities the third day, if you have any questions about infections, or if healing problems arise.
7. If an antibiotic is prescribed, **take all of it as directed.**
8. Report anything unusual to your doctor, including fever swelling, undue pain, excessive bleeding, etc., that appears at any time following the procedure.
9. Six weeks after the surgery, bring a semen specimen to our office for a sperm count. This should be collected in a clean, dry container with a lid – **not a condom.** Call after 4:00pm the same day for results.

A second specimen will be required, but the nurse will inform you when you are provided with the results from the first specimen. It is important that you have two clear specimens with no sperm. **Do not trust** the vasectomy until the results of **both specimens** are known.

**Continue using contraceptives until that time.**

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