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**Academic Urology**  
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## VASECTOMY AFTER CARE INSTRUCTIONS

### ACTIVITY:

- Rest 24 hours after the procedure.
- Do not drive a tractor, riding mower, motorcycle etc., for one week.
- Avoid all strenuous activity (such as cutting grass, chopping wood, etc.) or lifting, pushing, or pulling more than 10 pounds for 3-4 days.
- No sexual activity for 1 week.
- No running or jogging for 7-10 days.
- Wear an athletic supporter for 1-2 weeks, you do not have to wear if it is uncomfortable.
- May shower the next day after your procedure, but no soaking in a bathtub, hot tub or swimming pool, etc. for 2 weeks.

### WHAT TO EXPECT:

- Swelling of the incision and scrotum is normal. Expect bruising 3-14 days post operatively and longer for the swelling to subside.
- You should apply ice packs to the incisions for 24-48 hours after the procedure, up to 20 minutes every hour.
- A small amount of bloody drainage from the incision is normal.

### FOLLOW-UP CARE

- **Bring in a semen sample to the Academic Urology Office 3 months after your vasectomy. The specimen should be dropped off two hours after the collection. You may call for results the following day at 778-6941.**

### SPECIAL INSTRUCTIONS:

- **You are not considered sterile until 1 semen specimen is clear of sperm (you may need to bring in more than one sample). \*\*\*You must use contraceptives during this time\*\*\***
- Do not make any important decisions or sign any legal documents until tomorrow morning (if you took Valium for the procedure).

### PAIN RELIEF:

- Take pain medication as directed by your surgeon. You may not drive or operate heavy machinery while on narcotics.
- Please take Ibuprofen 800 mg q8 hours, or a naproxen sodium (Aleve) tablet daily unless contraindicated.
- No aspirin for 5 days.

### PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE pain not relieved by pain medication.
- Temperature over 101 degrees.
- Bruising greater than size of a quarter or swelling greater than baseball size.
- Redness, extreme swelling and/or pus at the incision site.

**Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number at the top. You will be able to reach the on-call physician after clinic the clinic is closed.**