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## POST-VASECTOMY INSTRUCTIONS

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Wear the scrotal suspensory or tight briefs for at least 5-7 days.

An ice pack should be applied every 2-3 hours for the first two days.

If you have pain or discomfort immediately after the operation, take Tylenol or Percocet as prescribed at four to six hour intervals.

Take the antibiotics prescribed to you as directed.

Apply Neosporin or Bacitracin ointment three times/day to the incisions for five days.

Avoid strenuous exercises and sexual activity for about five days. You may perform all other usual activities.

You may shower on the day following the vasectomy. Apply soapy water gently to the scrotum to wash. Rinse then dry by blotting the skin, not by rubbing it.

The stitches used to close the skin incisions will dissolve by themselves. They do not require removal. If the stitches are very bothersome and do not seem to dissolve within a reasonable time, call the doctor. If there is any persistent discharge from the incisions, call the doctor.

Resumption of sexual intercourse may take place five days after the vasectomy, if conditions permit it. Maintain the usual contraceptive precautions until semen analysis shows no sperm.

## **INSTRUCTIONS FOR SEMEN SPECIMEN**

After 2 months, obtain semen specimen by masturbation or intercourse with withdrawal and ejaculation. Be sure the entire specimen is collected and none is spilled. Do not heat or cool specimen. Keep at room temperature.

Bring semen specimen in clean, dry container to the laboratory. Please use any lab that your insurance company will cover. The semen analysis is not included in our fee for the vasectomy procedure.

You will be notified within two to three days after you drop off the specimen.

Another specimen, one month later is necessary to ascertain sterility.

If you have any questions or problems, please feel free to call the office at (732)561-2058.