



## POST-VASECTOMY DISCHARGE INSTRUCTIONS

1. Use ice packs to keep the swelling and bleeding to a minimum. Usually 10 minutes on and 10 minutes off works well to prevent swelling.
2. Bacitracin or Neosporin ointment can be applied to the incision to help prevent the possibility of infection. Stitches will typically dissolve or fall out in 7-10 days.
3. You may notice some black and blue bruising, draining or oozing from the incision, swelling, and/or mild tenderness of the scrotum - this is not unusual. Call the office for any fever, chills, or redness at the incision site.
4. You may shower in 24 hours. Avoid tub baths or swimming/sauna for 48-72 hours.
5. Minimal activity x 48 hours. No heavy lifting or running x 1 week.
6. Continue to wear a scrotal support or tight briefs to provide some pressure, which will help to reduce bleeding and swelling.
7. No ejaculation for 1 week.
8. Continue to use contraceptives until you have a negative semen analysis. Georgia Urology does not perform the post vasectomy semen analysis. Instead, we recommend that you use a post vasectomy semen analysis test kit from Fellow as a standard.
9. Your doctor may give you a prescription for a pain medication, but narcotics are rarely indicated or needed for a vasectomy. For discomfort, you may take anti-inflammatory medication.

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Patient Signature

DOB

Date of Service

**If you have any problems, please contact the office.**