

**ROCKFORD UROLOGICAL ASSOCIATES
351 EXECUTIVE PARKWAY
ROCKFORD, IL 61107
(815) 398-4057**

POSTOPERATIVE VASECTOMY INSTRUCTIONS

1. **GENERAL ACTIVITY:** The day of the procedure and the following day you should not do any heavy lifting nor any physically strenuous activity. If you receive IV sedation you should not drive for at least six hours after the procedure and you should not use any alcoholic beverages during that time. You may use an ice pack which is often helpful. The best advice is to use common sense and refrain from doing any activity that causes discomfort.
2. **LOCAL REACTION:** Some mild swelling of the scrotum is expected and the scrotum may turn black and blue. This is not unusual nor worrisome. Generally speaking, Tylenol is all that is required for discomfort. These may be taken according to directions and if the pain is not relieved we can prescribe a stronger pain medication. If you have an unusual amount of pain, swelling or bleeding, please call our office. Our office number is linked into an answering service which will answer the phone 24 hours a day.
3. **ICE:** Following the operation, the application of ice in a plastic bag covered with a cloth or a regular ice bag to the scrotum 20 to 30 minutes at a time is helpful to reduce swelling during the first 24 hours.
4. **BATHING:** You may take a shower at any time following the procedure. Keep the incision clean with soap and water. You may take warm, soapy tub baths after the first 2 days to help relieve swelling and discomfort if desired.
5. **SUPPORT:** Wear tight fitting jockey shorts while up and around for the first week. This lends support to the scrotum and improves comfort.
6. **SEXUAL INTERCOURSE:** We recommend that you wait several days before having intercourse. **You will NOT be sterile immediately after the operation and therefore must continue contraceptive precautions until a follow-up semen specimen shows you are free of sperm.**
7. **SEMEN SPECIMEN:** Collect the specimen in the clean container given to you. Bring the specimen to the office as soon as possible after ejaculation. Specimens must be collected on the **SAME DAY** they are brought to the office (this does **NOT** mean the day before). The specimen should be brought to the office approximately 6 weeks after the vasectomy. It is not uncommon for a first specimen or two to show a few sperm. In this case you will be asked to continue submitting specimens until we have a specimen with **no sperm**. If you require a second specimen, bring it to the office approximately 10 days to two weeks following the first specimen.

PLEASE CALL THE OFFICE AT (815) 398-4057 BEFORE BRINGING IN THE SEMEN SPECIMEN TO BE SURE THERE WILL BE A PHYSICIAN TO CHECK IT.