



## SHOALS UROLOGICAL ASSOCIATES, P.C.

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### **POST-VASECTOMY INSTRUCTIONS:**

1. Go directly home after the vasectomy and recline with your feet elevated.
2. Use an ice pack on the scrotum for the first 24 hours.
3. Minimize your activity for the first three (3) days with no lifting, mowing, exercise, or any other strenuous activity.
4. Wear a scrotal support for seven (7) days.
5. Intercourse may be resumed when physically comfortable. Remember to use birth control until the semen checks are clear.
6. You may shower, but do not sit in the bath tub.
7. Expect some mild swelling, bruising, and pain, but call the office if there is increasing swelling, discharge, pain, or you have a temperature.
8. The specimens for semen checks may be collected in a non-spermicidal condom and emptied into the collection container given to you at your appointment, **DO NOT USE ANY OTHER CONTAINER OR THE SPECIMEN WILL NOT BE ACCEPTED.** If you need an extra container we will be happy to provide those for you.
9. Two semen checks consecutively (two in a row) are required to confirm that there are no sperm prior to intercourse without another form of contraception. Please bring the first sample after 10 to 12 ejaculations; then the second after 10 to 12 more ejaculations. You will be notified of the results after each specimen and given further instructions.