

VASECTOMY INSTRUCTIONS

Before your vasectomy...

1. Shave the hair from around the penis and entire scrotum the night before or the morning of the procedure. This serves to cut down on the risk of infection and makes the vasectomy procedure easier.
2. You may drive yourself to and from the office for this procedure.
3. Bring a scrotal support/"jock strap" with you to the vasectomy procedure.

After your vasectomy...

1. As much as is humanly possible, use an ice pack on the scrotum and rest for at least 48 hours after the procedure.

Packages of frozen peas or frozen corn from the grocery store are an easy way to rotate scrotal ice packs. Activity really should be limited to going to the dinner table and getting up to go to the bathroom. Otherwise, no driving, no heavy lifting, no working, running, walking, etc.

2. Many patients find it useful to place a rolled-up washcloth between the legs to "prop" the scrotum up when they are lying on the couch or the Lazy-Boy while keeping an ice pack on top of the scrotum.
3. Wear your scrotal support/jock strap when you must be up.
4. You may shower the day after the vasectomy procedure. No tub baths or swimming for ten days after the vasectomy.
5. Seventy-two (72) hours after the procedure, most men are able to return to essentially regular activities and able to return to work.

Regular activities do not include running, biking, jogging, lifting, or heavy, strenuous, or physical exercise.

6. Refrain from any heavy physical exercise, biking, running, jogging, etc., for ten days following the procedure.
7. Sexual intercourse is acceptable five days following a vasectomy procedure. **Remember, you are still considered fertile until a follow-up semen analysis shows no sperm.**
8. Make an appointment to see Dr. Bruce three months following the procedure, and bring in a semen analysis with you. You will be provided with a specimen cup when you leave the office following your procedure. When you return for the three-month follow-up visit, you will need to obtain a semen specimen by masturbation and bring it with you.

If any further questions arise, please notify the office at 244-0161 (extension 40, Laurie).