



WASHINGTON UROLOGY

Vasectomy Postoperative Instructions

1. Avoid strenuous activity for 7 days after your procedure. This includes heavy lifting.
2. No ejaculation for one week.
3. Expect mild discomfort, swelling, and bruising at the incision site for a week.
4. Apply an ice pack (i.e. frozen bag of peas) to the scrotum periodically for the first 48 hours to reduce the discomfort and swelling.
5. Please take ibuprofen (Motrin) 600mg every six hours x 48 hours. A stronger prescription pain medication, Vicodin, will be provided, if needed.
6. The sutures will fall out on their own within one to two weeks.
7. You may shower after 24 hours.
8. **Two** negative post-vasectomy semen analyses are required before unprotected intercourse can be resumed. Two scripts and a specimen container have been provided. The first one should be done a three months and the last one at four months from the date of your vasectomy. Please contact outpatient lab at (703) 558-6489 for specific instructions.
9. If you experience unusual or severe pain that is not relieved by pain medication, excessive bleeding or drainage, excessive swelling or redness, foul odor or a fever over 101, please contact the office.