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POST-OPERATIVE INSTRUCTIONS FOLLOWING A VASECTOMY

- 1) No intercourse for at least 1 week (7 days).
- 2) Showering is permissible at any time. NO BATHS. Ice may be used for the first 24 hours.
- 3) No heavy work the day of or for two days following the surgery.
- 4) No lifting over 20 pounds for one week after the surgery.
- 4) A support (Jock) strap should be worn for at least 14 days after surgery.
- 5) Semen specimens should be brought to the office to be analyzed for the presence of sperm.
 - The first sample can be given at least 16 weeks and 24 ejaculations after surgery.
 - After one analyzed specimen confirms the absence of sperm, a second specimen should be taken to an independent laboratory by the patient.
 - A report from the lab should be forwarded to the office. (The cost of the independent lab check must be paid by the patient).
 - When both specimens confirm the absence of sperm, yearly semen inspections can be made at the patient's discretion.
 - If, after two specimens are analyzed, sperm are still present, the procedure will be repeated at no charge.

Please place the specimen in a leak-proof container with a lid
(These should have been provided to you at the time of your surgery.)

Condoms or plastic bags are unacceptable. The container itself should be put in a plastic bag and then placed in a paper sack with your name and date of birth on the outside. The specimen should be obtained the morning it is brought into the office to be examined, and should be kept at room temperature. The specimen(s) may be dropped off any day the doctor is in. **PLEASE CALL** a day or two before you intend to drop off a specimen, to confirm that a doctor will be present. You will be asked to call back the next day for results.

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