
Phoenixville Urologic Associates

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Post-Vasectomy Instructions

1. Following the vasectomy you should be prepared to rest that day with your feet up.
2. Wear the jock strap as much as possible.
3. Keep ice packs on the area for 20 minutes on and 20 minutes off as much as possible.
4. If you are going to shower in the next day or two after the vasectomy keep your back to the water for a week's time. Try to keep the puncture site as clean and dry as possible.
5. Avoid aspirin or aspirin-like products for 7 days after the procedure. Acetaminophen (Tylenol) is OK to take.
6. Nothing strenuous for another 5-7 days. Then you may gradually increase your activity.
7. We requests that you make a one week follow-up appointment so that he can make sure you are healing well.
8. Continue using birth control! You will need to bring in a semen sample at 6 and 8 weeks after the vasectomy to confirm that there are no sperm. A good rule of thumb is to have at least 14 ejaculations before the first semen sample to get rid of any residual sperm.