



INSTRUCTIONS FOR VASECTOMY PATIENTS

1. The evening before your vasectomy you should shave the entire scrotal sac.
2. Be sure to bring someone to drive you home if you elect to receive sedation during the vasectomy.
3. Lie down and place an ice pack on the scrotum for three hours after the vasectomy.
4. After three hours you may move around but do no heavy lifting or straining for two days. Continue to use the ice pack from time to time if you feel discomfort or notice swelling.
5. You will be more comfortable if you wear a scrotal support such as compression pants, a jockey strap or tight fitting brief underwear.
6. Slight swelling and a bluish discoloration are common after the procedure. If you are concerned about the amount of swelling notify us at 205-838-3040.
7. The skin stitches will dissolve in 7 to 10 days. Polysporin or Neosporin ointment can be applied to the stiches to soften them if they cause irritation due to stiffness.
8. In one week you may resume normal activities including sexual intercourse if you feel like it. Remember to use birth control until all three semen specimens have been checked at our office.