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**POST-VASECTOMY PATIENT INFORMATION**

1. There will be some bruising and swelling expected following the procedure. There is occasionally some blood in the ejaculate and this is quite normal.
2. The brownish disinfectant on your upper legs can be wiped off with a moist rag when you get home. Be aware that this will stain the rag, so do not use your partner’s favorite towel.

1. Please report any excessive swelling, redness around the incision or excessive discharge.
2. Post operative pain is usually mild as long as you are following the advice given. It is usually gone by 1 week after the procedure, but can sometimes last longer. Occasionally you might require over the counter pain medicine like Tylenol. If pain is severe or ongoing please let the office know.
3. A dissolvable suture will be used in the skin. It will dissolve in approximately 5-7 days. Apply antibiotic ointment to the stitch 4 times per day. Continue it after the stitch comes out and until any residual wound irritation remains.
4. You may shower 24 hours after the procedure. You should not bathe until the suture has dissolved.
5. You must have complete bed rest for 24 hours following the procedure. You should have another 48 hours of very light activity following this. As long as you are having no excessive pain or swelling you can gradually increase to light activity after this. Avoid heavy activity and intercourse for 1 week following the procedure. You should have a total of 14 days of avoidance of heavy lifting or excessive activity including biking and weight lifting. Ease back into activity gradually as your symptoms allow.
6. Frequent icing over your underwear, with a bag of frozen peas or a soft moldable ice pack, should be used for 15 minutes at a time every 1-2 hours while awake, for the first 24 hours following the procedure, then 3-4 times a day for the next 2 days following this. Use as needed after this time is you are still having discomfort.
7. Wear tight fitting underwear for the week following the procedure, including when sleeping.
8. An alternative form of birth control must be used for at least 3 months following the procedure. You should ejaculate at least 12 times during that 3 month period. (More is fine) You will then be asked to make an appointment for follow up. A semen analysis will be arranged at that time to confirm the success of the procedure. This will be repeated 2-4 weeks later dependent on the result of the first sample. Continue to use alternate birth control until you are notified of a negative result.
9. Please check with the office if you have any future scrotal pain or swelling.

Dr. D. Wayne Crowe