

## Vasectomy Post-Op Instructions

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### After Your Vasectomy

- ✗ Ice for the first 24 hours after surgery. 20 minutes on then 30 minutes off.
- ✗ Wear a jock strap for two weeks after surgery
- ✗ No exercise for 1 week
- ✗ Advil or Motrin for pain as needed
- ✗ Showering is permitted on the second day following your surgery
- ✗ No intercourse for the first week after surgery
- ✗ To ensure that the procedure was successful, it is necessary that you bring in two samples for evaluation. The first specimen is to be dropped off at our office 6 weeks after your surgery, and the second is to be dropped off 8 weeks after your surgery. **Samples must be evaluated within one hour of collection.**

Six Weeks: \_\_\_\_\_ (date)

\_\_\_\_\_ (date)

Eight Weeks: \_\_\_\_\_ (date)

\_\_\_\_\_ (date)