

## NorCal Urology Medical Group, Inc.

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### WHAT TO DO AFTER YOUR VASECTOMY

1. Elevate the scrotum (wear your scrotal support). If this does not provide enough elevation, you may roll up a small towel and place it under the scrotum.
2. Keep an ice pack on. Alternate leaving the pack on for approximately 30 to 60 minutes at a time. Make sure the ice pack does not get the dressing or the scrotal support wet.
3. Rest, and keep your feet elevated as much as possible. Ideally, lie in bed or an easy chair. Take Tylenol only for pain. **Do not take aspirin or Advil.**
4. **No heavy lifting, sexual intercourse, or baths for approximately one week.** You may shower the day after your vasectomy.

You have two sutures, one on each side of your scrotum. They will dissolve in approximately 1 to 3 weeks.

At three (3) months, you will need to take a semen specimen to the lab. You will be given the lab requisition for this the day of your surgery.

**Use ordinary means of birth control until after the specimen has been examined and declared free of sperm.**

You will be receiving a bill from the pathology department for the specimen we will send them today.

If you have any problems, please call.

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