potomac UROLOGY

Alexandria Location
4660 Kenmore Ave, Suite 1120
Alexandria, VA 22304

tel: 703-680-2111
fax: 703-878-3939

Woodbridge Location
2296 Opitz Blvd, Suite 350
Woodbridge, VA 22191

Alok Desai, M.D. Pratik Desai, M.D. Nilay Gandhi, M.D. John Klein M.D. Inderjit Singh M.D.

Vasectomy Post Operative Instructions

SEXUAL ACTIVITY

• **You MUST use protection when engaging in sexual intercourse until you have had your semen analyzed in 3 months following vasectomy**.

This procedure does not protect you immediately from getting a female pregnant. Please continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm each time.

It is recommended that you wait at least TEN DAYS before resuming sexual activities. You may then resume sexual activities if you are not experiencing any discomfort. Having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or a rejoining of the tubes.

MEDICATIONS

• **You may use Tylenol or Motrin for pain relief.**

If you have pain or discomfort immediately after the vasectomy, taking two Tylenol tablets every 4 hours or taking prescribed pain medication should provide relief.

After the local anesthetic wears off, an ice pack or frozen bag of peas will provide additional comfort and can also prevent swelling if used for several hours at 1/2 hour intervals (1/2 hour on, then 1/2 hour off).

ACTIVITY/WOUND CARE

For 3 days after the procedure, please do not do any work that requires heavy lifting, pushing, or straining. Otherwise you can return to regular activity the next day or once the soreness disappears.

Keep the incisions dry for 24 hours following the operation. Thereafter you may take a shower. No baths or sitting in hot tubs until you are completely healed.

Some bruising, drainage from the incision, swelling, or mild tenderness of the scrotum is **to be expected**. Also, the edges of the incision may pull apart and heal rather slowly, and sometimes a

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suture may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.

Wear an athletic supporter only as long as you need it for comfort.

SEMEN ANALYSIS

After THREE months <u>and</u> after 20 ejaculations, you are to take a semen sample to the lab to be assessed for sterility.

You will need to place your name, date, and time on the specimen container.

Labs to perform test at: **Please call lab for specific specimen instructions**

Quest	703-491-9851
LabCorp	703-670-3061
Fairfax Medical Lab	703-491-9851
Sentara Hosp Lab	703-523-1300

(for the hospital, you have to bring the specimen within the hour of collecting the specimen. They only receive specimens Mon-Fri 7am-11am. The specimen also has to be kept warm while you transport it to the hospital.