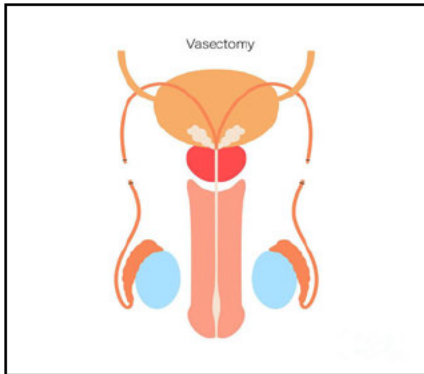


Post Vasectomy Patient Education Form



You've had a vasectomy at [REDACTED] today, 02/11/26. Please contact us at [REDACTED] and stay on the line to be connected with our answering service if you have any questions or concerns after hours.

Please review these instructions as they may contain the answers you need. A clinical staff member will reach out to you in 3 months to discuss having post-vasectomy semen analysis performed.

- You may leave the dressing on for 24 hours after the procedure.
- With daily dressing changes, be sure to use bacitracin ointment at the incision site. Redress with sterile 4x4 gauze (we will provide these).
- We recommend using crushed ice in plastic (a bag of frozen peas works well!) placed against the dressing - not on skin - for about 20 minutes each hour for the first 12 hours post procedure.
- We recommend for the first 6-24 hours after your procedure, you lie flat with your scrotum at the level of your heart.
- You may shower after 24 hours but please do not take a bath or swim for 3-4 days.
- You may have some minimal aching or discomfort, which may last up to 5-7 days but should get gradually better with each day.
- Post-procedure pain is usually controlled with extra strength tylenol (acetaminophen). If you need further pain management - this can be discussed with your provider at the appointment.
- A small amount of episodic discomfort and mild swelling is normal and expected but if you feel like you are experiencing symptoms outside of this, please call our office for advice and/or a follow up appointment.
- We advise no physical activity or work for two days post procedure and to avoid your usual exercise routine for a week post procedure.
- Please refrain from sexual activity for one week. After this, we encourage **25 ejaculations over a 3 month period**. REMEMBER you are not sterile during this time and will need a back-up/alternative method of contraception to prevent pregnancy.
- A post-vasectomy semen analysis (PVSA) kit will be mailed to your home (or place of your choosing) in 3 months. A clinical staff member will reach out to you to confirm when it will be shipped. It includes clear instructions on how to obtain a sample and mail back for analysis. Once [REDACTED] receives results, someone will be in touch to let you know if there is semen present or not. You can always call the health center with any questions or concerns.