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Vasectomy

Post-operative Instructions

1. No shower for at least 24 hours after your vasectomy. No baths or swimming for 7 days after the procedure.
2. No heavy lifting or strenuous activity for the first 24 hours.
3. Place a sterile gauze over the incision for the first 24-36 hours and as needed thereafter. Sterile gauze may be purchased at most pharmacies and supermarkets.
4. Please fill your prescriptions for the antibiotic and pain medication and use as directed by your doctor.
5. You are NOT yet sterile or infertile. You still MUST have “protected” sexual intercourse with birth control (oral contraceptives, condoms, abstinence, etc.) until you have had two negative semen analyses evaluated by the physicians in OUR office.
6. We will provide you with two sterile specimen cups. At 6 weeks after your vasectomy, you will need to collect a semen specimen by manual stimulation (masturbation). The specimen MUST be brought to our office WITHIN 1 hour after collecting it. Please call the office first to confirm that a doctor will be in to read it.
Office: 954-463-6408