



**NORTHWEST SUBURBAN  
UROLOGY ASSOCIATES, S.C.**

GEOFFERY ENGEL, M.D., F.A.C.S.  
DANIEL GARVEY, M.D.  
ERIC J. DYBAL, M.D. F.A.C.S.  
JOSEPH OH, M.D.  
JANET RODRIGUEZ, PA-C

## **POST- VASECTOMY INSTRUCTIONS FOR PATIENTS**

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1. Absolute bed rest the day of surgery, except for meals and toileting.
2. An ice pack should be applied to scrotum the day of surgery. Use as frequently as possible, but don't get frostbite! (i.e. limit the use of the ice pack to 20 minutes per hour)
3. Use any prescribed pain medication as needed.
4. Use any prescribed antibiotic ointment as directed.
5. Gauze dressing and athletic supporter should be left on for 48 hours. On the second day following surgery, remove them and take your first shower. After showering, the wound need only be redressed if needed for your comfort. The supporter need only be used until no longer needed for comfort.
6. Refrain from sexual intercourse until you have your post-operative follow-up appointment with your doctor.
7. Continue contraception until two semen analyses reveal no evidence of sperm. The semen samples should be delivered to the hospital laboratory after a minimum of 24 ejaculations or 12 weeks, whichever comes last. The samples must be separated by at least one week.
8. Don't be concerned by a small amount of black and blue discoloration; dime and quarter-sized stains of blood drainage are also not unusual.
9. The skin stitches will dissolve by themselves.
10. Call our office as soon as possible following surgery to schedule your post-operative follow-up appointment. Your appointment should be between 7 and 14 days following surgery. Our telephone number is (847) 593-0404.