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POST VASECTOMY INSTRUCTIONS

1. FOR THE FIRST 24 HOURS, BE OFF YOUR FEET AS MUCH AS POSSIBLE, USE AN ICE PACK.
2. WHENEVER YOU ARE WALKING THROUGHOUT THE NEXT WEEK, WEAR A JOCK STRAP OR SCROTAL SUPPORT. ALWAYS WEAR A JOCK STRAP WHEN JOGGING OR WORKING OUT.
3. NO LIFTING OR HEAVY WORK FOR THE NEXT 3 DAYS.
4. IF YOU DEVELOP ANY PAIN, TAKE 2 TYLENOL AND GET OFF YOUR FEET.
5. IF THERE IS ANY EXCESSIVE SWELLING OR PAIN UNRELIEVED BY REST AND TYLENOL, CALL THE DOCTOR.
6. THERE ARE NO RESTRICTIONS ON WHAT YOU CAN EAT OR DRINK.
7. THE SUTURES WILL BE ABSORBED BY YOUR BODY. YOU MAY NOT BATHE OR USE A HOT TUB. YOU MAY SHOWER, BUT DO NOT GET THE SUTURES EXCESSIVELY WET FOR THE FIRST WEEK.
8. NO SEXUAL ACTIVITY FOR 5 DAYS. YOU MAY THEN RESUME YOUR SEXUAL ACTIVITIES AS FREQUENTLY AS POSSIBLE TO DEplete THE SPERM ABOVE THE AREA WHICH HAS BEEN LIGATED.
9. SEMEN SPECIMENS ARE TO BE BROUGHT IN AT 10 AND 12 WEEKS. YOU ARE TO USE CONTRACEPTION UNTIL YOU HAVE TWO CONSECUTIVELY NEGATIVE SPECIMENS.

DAYS TO BRING SPECIMEN TO OFFICE

MONDAYS, TUESDAYS & THURSDAYS AT PLANO OFFICE 972 867-3928

OFFICE HOURS 9:00 AM TO 4:30 PM

Revised 1/1/02