



Sunrise Urology, PC
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John C. Lin, M.D.
Board-Certified Urologist

www.sunriseurology.com

Name:

Date of Birth:

Vasectomy Aftercare Instructions

You are **NOT** sterile! You can still get a woman pregnant until 1 semen test comes back showing **NO SPERM** present!

1. **Keep the wound clean and dry for the first 24 hours.** You may then shower and pat it dry until the wound is closed. Let the bandages (Steri-Strips) fall off on their own.
2. **Rest today and tomorrow!** You may return to light activity tomorrow, but avoid heavy lifting, squatting, sports or other vigorous activities for at least 7 days.
3. **Avoid sexual stimulation for 7 days.** You **MUST CONTINUE TO USE BIRTH CONTROL** until your semen test shows that no sperm are present! A brownish or black color of your semen is **NORMAL** for the first few weeks.
4. Pain control: wear snug fitting briefs for comfort and protection during the first week. Use an ice pack for the next 7 days by placing it over a cloth on your scrotum for 15 minutes and 15 minutes off. Take the prescribed pain medication or over the counter pain relievers such as Tylenol as needed.
5. **A painless black and blue color around the scrotum and base of the penis might appear on the 2nd or 3rd day or even as late as 1 to 2 weeks after you had the vasectomy. It is HARMLESS and will fade over several weeks.** A small lump may appear in the scrotum as well. It may be a hematoma (blood accumulation). It can happen even 2 weeks after the procedure. Rest and ice can ease the discomfort.
6. You **MUST perform at least 30 ejaculations** between now and your semen analysis. **Three (3) months** after your vasectomy, you will take a semen sample (collected at home) to the designated lab in the container we provided. After you drop off the sample at the lab, we will contact you by phone usually within 1-2 days. **You are not sterile until your semen sample shows no sperm.**

I acknowledge receipt and understanding of the above instructions.

Patient Signature: _____ Date: _____ Time: _____



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After Vasectomy Instructions, Page 2

Please follow these guidelines

Specific Activity Guidelines to Prevent Complications Following Vasectomy		
You must go directly home from the clinic after your vasectomy and rest until tomorrow.		
	YOU MAY DO THIS:	DO NOT DO THIS:
TODAY	<ul style="list-style-type: none"> • Drive home (if you did not take sedative) • Eat & drink normally • Sit, lie, or recline • Enjoy TV or videos, reading, computer work • Take Aleve, Tylenol, ibuprofen, • Aspirin. 	<ul style="list-style-type: none"> • Return to work • Go out to dinner • Exercise, go for a walk • Entertain guests or attend social gathering • Go shopping
NEXT 7 DAYS	<ul style="list-style-type: none"> • Do office work • Go walking • Drive your car • Lift and carry less than 40 lbs • Go shopping • Take showers • Do light physical work • Write love letters 	<ul style="list-style-type: none"> • Heavily exert yourself • Go jogging or golfing • Ride a bike • Do weight lifting • Roughhouse with kids • Go swimming, bathing • Jump or strain • Engage in sexual activity
AFTER 7 DAYS there are no restrictions on activities if you are pain-free.		