

AFTER PROCEDURE CARE POST-VASECTOMY

1. Keep ice on the affected area for at least twenty-four (24) hours. (20 minutes on/ 20 minutes off.
2. Take Advil or Motrin for pain if necessary.
3. Wear your scrotal support for at least a week, longer if you feel the need to.
4. You may shower the evening of the day after your procedure. **DO NOT** soap the area!
5. Keep Bacitracin ointment on the affected area and cover with a clean gauze square.
6. It is not uncommon to experience some discoloration of the scrotum. This will go away on it's own.
7. Come in for your 8-week check-up following your vasectomy and bring with you a fresh semen specimen. Make your appointment before you leave.
8. Use precautions up until Dr. Zamstein tells you that you are now **STERILE**. This will not be until you produced **TWO** negative specimens in a row.