

Fetner Urology



Vasectomy Instructions

Day of Procedure:

1. On the day of procedure patient can drive himself to and from the office.
2. You need to bring a jock-strap (athletic support) with you to use after the procedure.
3. Plan on going straight home and getting off your feet. You will need to stay off your feet for 24 to 48 hours.
4. Apply an ice pack or a frozen bag of peas off and on to scrotum over the jock-strap for 24 hours
5. There may be a small amount of bloody drainage from the small incision, this is expected. If drainage increases apply pressure with a washcloth for 15minutes.
6. If you have a temperature greater then 101F, call the office. It is okay to take Tylenol as directed in the bottle
7. you may be given a prescription for pain medication following the procedure to take if needed
8. Showers are permissible 24 hours after procedure.
9. **NO** lifting or strenuous exercise for on week to 10days. If you have testicular pain /discomfort when you restart, limit your activity.
10. Refrain from sexual activity for a week to 10days. When you do resume you **WILL** need to continue using whatever method of contraception you have been using until you get two consecutively negative sperm counts.
11. Bring two semen check to the office 6weeks from the procedure

Post Vasectomy:

- You will need to have 2 consecutive **NEGATIVE** specimens before you will be cleared for unprotected intercourse.
- Specimens can be collected 6-12 weeks after vasectomy (**Please see below for Dr. Fetners specific instructions**)
- Specimen must be collected in the sterile cup provided, please place the cup in a bag for drop off. **Specimens collected in any other container will not be accepted.**
- You will be contacted by phone within 72 hours