

**David Robbins, M.D.**

## **DISCHARGE INSTRUCTIONS FOLLOWING VASECTOMY**

### **LEAVING THE HOSPITAL/OFFICE:**

1. You will need to have someone take you home following the surgery

### **WHEN YOU GET HOME:**

1. Stay off your feet as much as possible for the next 12 hours. This will reduce the chance of scrotal swelling.
2. Wear cotton, JOCKEY undershorts for increase support and comfort.
3. Avoid heavy lifting or vigorous exercise for seven (7) days after surgery.
4. You can shower the day after surgery. Avoid rubbing the scrotum when drying.
5. Sexual activity can begin one week after your vasectomy when scrotal swelling and tenderness subside
6. CONTRACEPTIVE PRECAUTIONS ARE ABSOLUTELY NECESSARY UNTIL THE SEMEN ANALYSIS PRODUCES NEGATIVE RESULTS.
7. Eight to Twelve (8-12) weeks after your vasectomy, you need to do a Semen Analysis.
8. Please call our office immediately if you have any post op complications including:
  - a. Infection
  - b. Bleeding
  - c. Increasing pain
  - d. Swelling
  - e. Temperature of 101
9. If you have any questions, please call the office at (305) 672-4222.

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PATIENT SIGNATURE DATE