

## **Instructions after Vasectomy**

You may experience scrotal swelling after vasectomy. You may apply ice packs as needed.

Do not ejaculate for one week after vasectomy

Avoid vigorous activity for one week following your vasectomy

After you resume sexual activity, it is important to ejaculate greater than 20 times and wait at least three months to provide a semenanalysis for confirmation of success. If the semenanalysis demonstrates sperm, you will need to repeat the semenanalysis.

Your doctor will notify you of the results shortly after.

Please contact our office if you have any questions.