



Preoperative and Postoperative Care Instructions

Vasectomy Post-op Instructions

- Other forms of protection from pregnancy should be practiced until sterility has been confirmed by semen specimen.
- No lifting greater than 10 lbs. (a gallon of milk).
- You may shower in 24 hours, but do not soak the incision (i.e. tub, hot tub, pool, or ocean) until evaluated in the office.
- Use antibiotic ointment 2 times a day.
- Follow up in our office in 2 weeks for wound evaluation.
- Follow your regular diet as tolerated.
- Wear briefs for support, not boxers, for at least 3 days postoperatively.
- Use your pain medication (if prescribed) as directed.
- Please notify us if you have a fever of 101 or greater, bleeding, or pain greater than expected.

Please contact our office if you have any questions or concerns.

(251) 424-1620