

Dr. Ursiny's Post Vasectomy Instructions

1. Ok to shower the evening of your vasectomy. Do not scrub your incision, just let the water run over, and pat dry. No pools, hot tub, ocean, lake or baths for 7 days.
 2. Apply ice to your scrotum for the next 2 days. Apply the ice using 30 minute intervals (30 minutes on, 30 minutes off). Be sure to have at least one layer of clothing between the ice pack and the skin.
 3. Please apply bacitracin ointment (or any antibiotic ointment) to the stitches/incision twice daily for 3 days.
 4. If you have pain or discomfort after the procedure, alternate taking acetaminophen (tylenol) and ibuprofen (advil/motrin) tablets every 3 hours and this should provide relief. Do not take aspirin for the first 7 days after the vasectomy unless specifically instructed to do so.
 5. For 7 days following your vasectomy, do not do any work that requires exerting more than 15 pounds of force (lifting, pushing, straining, etc). No vigorous exercise, sports, or ejaculation for 7 days. You may return to light and regular activities, the day after your vasectomy as your body tolerates.
 6. Some black and blue marks (bruising) and spotting from the incision may occur. This is normal. Mild swelling at the incision or tenderness at that site is also common after vasectomy. This is all part of the normal healing process. If you have stitches, they are dissolvable and will typically disintegrate in 4-6 weeks, usually while taking a shower. There are no stitches to be removed in the office.
 7. Today's vasectomy does NOT immediately protect you from getting a woman pregnant. You MUST CONTINUE BIRTH CONTROL until you have had a semen analysis completed AND YOU HAVE BEEN NOTIFIED BY OUR OFFICE THAT IT IS SAFE TO STOP USING BIRTH CONTROL. This should be completed 3 months after your vasectomy.
 8. Wear tight fitting/supportive underwear or athletic supporter for at least 3 days, and longer if you find it more comfortable.
- 9.) Please contact the office (207) 518-6600 should you have any questions or concerns. Please contact us should you experience severe pain that is not relieved with medication, if you have excessive bleeding or drainage, if you have excessive swelling or redness on the skin, if you have foul odor or discharge from the incision, or if you develop a fever higher than 101.0 degrees F.
- 10.) There are no routine follow up appointments needed after your vasectomy. Our office will call with results of your semen analysis, after you have completed this. **Remember**, YOU MUST HAVE A SEMEN ANALYSIS SHOWING NO SPERM BEFORE YOU MAY SAFELY HAVE UNPROTECTED INTERCOURSE. YOU MUST BE CLEARED BY OUR OFFICE. You should have 15-20 ejaculations between the time of your vasectomy and the collection of your semen analysis at 12 weeks after your vasectomy. You should have received the lab slip or it was sent electronically to NorDx Lab in Scarborough. The NorDx lab is located at 100 Campus Drive, Scarborough, ME.

They are open from 8:00AM to 4:00PM, Monday through Friday. Please call The NorDx lab phone number is 207-396-7980 to see if they are requiring appointments and their up to date procedures.