

D. Landon Allen, MD MPH, MBA
Physician and Managing Member
Dr.Allen@NewRiverFamilyWellness.com

420 E 2nd St., West Jefferson, NC 28694
(P) 336-489-4400



Caitlin M. Sullivan, MD
Physician and Member
Dr.Sullivan@NewRiverFamilyWellness.com

www.NewRiverFamilyWellness.com
(F) 336-489-4500

No Scalpel Vasectomy Post-Operative Instructions

1. Limit your activity to lying or sitting, except to go to the bathroom or to eat meals, during the next 48 hours. You may resume normal activities after 48 hours, but avoid strenuous physical activity for approximately 7-10 days. Wear an athletic supporter for 1 -2 weeks when you are up and active.
2. Use ice pack (20 minutes on and 20 minutes off) on the scrotum for the first 24 hours post-operatively, except when you are sleeping.
3. You may shower after 24 hours. Avoid bathing in the tub, hot tubs, swimming etc. for 4-5 days.
4. Some localized inflammation is normal (redness, swelling or scant discharge immediately around the surgical opening). If you develop significant redness, discharge, discharge, increasing pain or fever, please call the clinic for evaluation.
5. Swelling above the testicles to the approximate size of an unshelled almond is normal. If you develop more swelling than that, you should lie down, place an ice pack on the scrotum, and contact our clinic if the swelling fails to improve in 24 hours.
6. Acetaminophen with Codeine (Tylenol® #3) may be used in the early postoperative period for discomfort. Aspirin-containing products or other similar medications (like ibuprofen or naproxen) may increase the potential for bleeding in the first 24 hours. Ibuprofen or other aspirin-like products may be used after the first 24 hours.
7. You are potentially fertile for several weeks to months following a vasectomy. You should use alternative contraceptive measures until sterility has been verified and you have been advised that you may discontinue using other contraceptive methods. You may resume sexual intercourse 5-7 days after the procedure as long as there is no discomfort. Use contraception during this time period.

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8. After the procedure, it usually takes 15-20 ejaculations to clear the remaining sperm. Please collect a semen specimen in the provided container 3 months after your surgery. This will be _____. Drop off your specimen at front desk before 1:00 PM. No specimens will be accepted after 1:00 PM unless prior arrangements have been made. Two consecutive negative semen specimens 1 -2 weeks apart are needed to confirm sterility.

9. If you have any questions or problems, please call our clinic at 336-489-4400 during office hours or your doctor directly at _____ after hours.