



A L P I N E  
S U R G I C A L

*Dedication Above and Beyond.*

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## **POST OPERATIVE INSTRUCTIONS FOR VASECTOMY**

- **Activity limitations** include no strenuous exercise or swimming for 1 week.
- Your **incisions** are closed with **dissolvable** sutures. Your sutures will fall out on their own in 1-2 weeks. Call the office with any questions or concerns.
- You may shower the day following your procedure. Avoid soaking your incision in a bathtub or hot tub for 1 week.
- **Moderate swelling and bruising** is to be expected after a vasectomy. If you notice any areas of increasing warmth, redness, fever or chills - please call the office at 303.449.3642.
- You may wear tight fitting **compression briefs/underwear** for comfort measures.
- It is normal to have **discomfort** after the procedure. Recommended **pain management** regimen:
  - ☐ Ibuprofen: 400-600mg every 8hrs as needed.
  - ☐ Tylenol: Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.
- **Nausea and constipation** are common complaints when taking narcotic pain medications. If your doctor prescribed these, try to minimize your use of narcotic pain medications as soon as able. If persistent vomiting, fever, or chills occur- please call the office at 303.449.3642.
- It is recommended you do not drive if taking narcotic pain medication.
- It is advised to use a **backup method of birth control for 3 months** following a vasectomy.
- You will be **required** to submit a sperm sample 3 months following a vasectomy. You will be called with these results when available. Please reference our "Post Op Vasectomy Labs Instructions" document.