

SWEDISH UROLOGY GROUP:

POST VASECTOMY INSTRUCTIONS FOR DR KUAN

The hard part is over, and now, the rest is up to you. The way to experiencing less pain during your recovery, is to minimize the amount of swelling that develops in the next few days:

1. **Use an ice pack every 2-3 hours (and as needed) for 20-30 minutes at a time** for the next 2-3 days. This will also work as a pain reliever. Make sure there is something between you and the ice pack, so you don't get frost bite.
2. Take **IBUPROFEN 600mg three times per day** (even if you're not having pain), starting today and continue for three days at least. If you have had problems taking ibuprofen or you have a history of ulcers, kidney failure or heart failure, do not use the IBUPROFEN.
3. **Take it easy for a couple of days, in terms of physical activity.** You can walk, climb stairs etc, and lifting is okay, as long as it's under 20-25lb. Avoid heavy exertion, like weight training, for at least a week.
4. **Use the prescribed pain medications if needed.** Remember they can make you drowsy, dizzy, constipated or itchy. Do not drive if you are using them.

The incision is small and I did not place any stitches. It will heal better without a stitch:

1. You can take a quick shower tomorrow. Do not soak in a tub/swim for at least a week.
2. Apply an antibiotic ointment like NEOSPORIN, POLYSPORIN or BACITRACIN two times per day to the incision, for the next three days. After that, leave the incision to the open air.

Remember to continue to use some form of birth control / contraception until you have completed your post-vasectomy semen analysis. These will indicate when you're 'good to go' and the body has cleared all the residual sperm.

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