



IRONWOOD UROLOGY *A DIVISION OF IRONWOOD PHYSICIANS, P.C.*
Kevin R. Bigelow, M.D. Desiderio Avila Jr. M.D.

POST VASECTOMY INSTRUCTIONS

1. Upon arrival at home, sit in a comfortable chair, put your legs up and apply ice packs to the scrotum over your jockey-type underwear. The ice should be in a plastic bag so as not to injure your skin. Keep ice packs on until ready to go to sleep for the night. Repeat the day after. This will markedly reduce the immediate post-operative pain and swelling.
2. Use any pain medication supplied by your physician judiciously. Do not drink or drive if using narcotics for control of pain.
3. Keep incisions dry for two days. Keep band-aids on and replace as needed for 48 hours after surgery. Thereafter, personal preference will prevail. If bleeding or "oozing" occurs, apply pressure to the area.
4. Activities:
 - Sexual activity may be resumed after 4 days if comfortable and no complications.
 - Do not tub bathe or go swimming for 7 to 10 days after surgery.
 - You may shower after 48 hours unless there is still some bleeding, if so, wait an additional 24 hours.
 - Strenuous activity (biking, exercising, lawn-mowing) may be resumed after one week. Be sensible: if you feel any strain/pain in your scrotal area, stop the activity immediately and wait a few more days to resume the activity.
5. Contraceptive measures must be used until two (2) negative sperm counts are obtained at 2 and 4 months after surgery. If the second specimen contains sperm, further counts will be required.
6. Frequent ejaculations (average 16) will help to attain a negative sperm count sooner.

INSTRUCTIONS FOR SUBMITTING A SEMEN ANALYSIS

1. Specimen cups and instructions have been given to you. Collect the specimen in the container. The specimen should be taken to the lab within 30 minutes of collection.
2. Different insurances require different instructions. You were given lab paperwork with your specimen cups, contact the lab PRIOR to collecting the specimen to be certain they can accommodate you at the time and place you have chosen. Some labs have only a few locations that can perform the testing.
3. If your insurance changes between the time of your vasectomy or either of the sperm counts, PLEASE NOTIFY OUR OFFICE AS THIS MAY AFFECT WHERE YOU MUST TAKE YOUR SPECIMEN AND WHO IS RESPONSIBLE FOR PAYMENT OF THE TESTING.
4. It is important that an appointment is made so that proper testing can be done on your specimen. In order to provide more accurate results of the semen analysis testing, please submit your specimen no later than one hour after ejaculation.

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Sonora Quest Laboratory Location's and Hour's for Semen Analysis

Mesa: 1450 S. Dobson Rd. Suite A-104
Phone # 480-969-2494
8AM - 6PM Monday thru Friday
7AM – 11AM Saturday

Glendale: 5605 W. Eugie Ave Suite 104
Phone # 602-978-2441
6:30AM – 4PM Monday thru Friday
7AM – 11AM Saturday

Tucson: 630 N Alvernon Way Suite 200
Phone # 520-322-8264
7AM – PM Monday thru Friday
7AM – 11AM Saturday

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