

California Urological Associates, Inc

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Instructions Following Vasectomy

You may have some swelling in the scrotal area after your vasectomy. To reduce swelling, apply ice packs as needed.

You may continue sexual activities one week after your vasectomy.

Avoid any rigorous activity for at least one week following you vasectomy. This includes, but is not limited to

- Ⓢ Jogging
- Ⓢ Walking long distances
- Ⓢ Sports (including golf)
- Ⓢ Heavy lifting

Three months and at least 20 ejaculations after your procedure please go to a lab (Quest) and complete a semen analysis. Your doctor will contact you once we receive these results with further instructions. If you have any questions, please contact our office.