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## POST VASECTOMY

### At Home Instructions

Have your prescriptions filled before you go home.

Apply ice packs to your scrotum for 15 minutes each hour for 4 hours. You may continue as needed.

Wear support underwear for 3-4 days.

No heavy lifting for 3-4 days.

Take the plastic dressing off in 3-4 days and use band-aids if necessary.

You may shower but try to keep the wounds dry for 3-4 days. No baths for 1 week.

Expect some seepage from the wound, bruising, swelling, soreness, and pain

Continue to use birth control.

Take the antibiotic every \_\_\_\_\_

Call me if you have questions or any problems.