

THE UROLOGY GROUP

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VASECTOMY 2 WEEK-POSTOP VISIT INSTRUCTIONS

- You may resume normal activity, including more strenuous activities, such as gym-type work or running. You are at the point where you cannot cause damage or harm to anything. If you overdo it, you may notice some swelling or discomfort. If so, back off for a period of time then try again at a slower pace a few days later.
- You may notice a small nodule above and behind the testis on each side. This nodule can be about the size of a pea. This is normal and is not a sign of trouble. This spot is the reaction to the surgery itself. Sometimes this nodular area can be present for 4-6 months. It will resolve eventually with time.
- You should continue to use contraception until the semen analysis shows no sperm left. An appointment should be made for two months postop to have a semen sample checked then. You will be provided with a specimen cup. Collect a sample at home by ejaculation into the cup, and you can bring the sample with you to your office visit. The specimen can be kept at room temperature.