

VasectomyCenter- *Seattle * Eastside*

Specializing in No-Needle No-Scalpel Vasectomy

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VasectomyCenter Discussion Sheet

Before Vasectomy

Shave morning of vasectomy
and take a hot shower.
Bring jockey shorts or boxer briefs.

After Vasectomy

Ice pack and rest Sat. and Sun.
Take an anti-inflammatory:
Advil 600mg/8hrs. or Aleve 2/12hrs.
For one week after vasectomy:
No sex, No ejaculation and No heavy
Lifting >40lbs. and No exercise.
Continue protected intercourse and
bring in first sample in 7-8 weeks.

Risks

bleeding
pain
infection
recanalization (@1 per 3,000)

