

David Augustine, MD

DISCHARGE INSTRUCTIONS

- ❖ Diet: You may resume your normal diet.
- ❖ Pain: Use Tylenol (regular strength) every four hours as needed for pain the first 1-2 days. If you need something stronger or if significant pain lasts more than two days, please call or text my cell. 920-320-9685.

- ❖ Sexual Activity suggestions:

Week 1	1-2 Times
Week 2	2-3 Times
Week 3	As desired

- ❖ Possible Reactions:

Infections are very rare, but please call if there is a significant amount of redness, swelling, tenderness, fever or drainage oozing from the incision.

Bruising over the scrotum is normal for up to two weeks.
Swelling a small amount of swelling is not uncommon. Please call if you feel there is an excessive amount of swelling.

Granuloma 30% of men develop a small nodule of tissue over the incision. Typically, this is not painful and will resolve on its own. If it is larger than 1/2 inch, call the office and we can begin a medication that will shrink it.

- ❖ Stitches: Usually stitches are not needed. If required stitches will dissolve on their own in several weeks.

Post Vasectomy Follow-Up

You are still fertile until a negative semen check. **USE A BACK-UP METHOD!!!**

Post operation check one to two weeks after procedure at the Mercyhealth Elkhorn clinic.

Approximately 15 ejaculations and about 12 weeks after your vasectomy you should be done healing and sterile. To confirm, you need to have a sperm check. The specimen should be collected directly in a container and brought to the lab 1/2 to 1 hour after ejaculation. The lab is Mercyhealth Hospital and Medical Center, N2950 St Rd 67, corner 67 and 50, Lake Geneva. Enter on the North side by the emergency room.

Phone number: (262)245-2255, you can call the lab if questions about delivering your specimen.

Hours: Monday- Friday 8 am-1 pm