

# Concierge Vasectomy

*Comprehensive, Excellent and Discreet care delivered in the comfort of your own home.*

## Post Op Instructions for Vasectomies

1. No shower for 48 hrs. No submerging in water (bathtub, pool, Jacuzzi etc.) for 1 week.
2. After 48 hours, you can shower. Just let water run over the incisions- don't scrub or rub hard. Pat the area dry with a towel. The rest of your body shower as normal.
3. Fill your prescriptions. Take the antibiotics until you finish the bottle; pain medication can be taken as needed but doesn't have to be finished.
4. No exercise, heavy lifting or strenuous activity AT ALL for 1 week. Light activity such as walking, working on a computer, going to dinner etc. is ok.
5. No sexual activity AT ALL for the first week. After your 1 week check, if doing well, you need to start ejaculating every day/ every other day to clear remaining sperm. If this is being done via vaginal sex, YOU NEED CONTRACEPTION/PROTECTION (birth control) as the remaining sperm need to clear from the body.
6. Follow up for post op check in 1 week via email. Please send an image of your incision, along with your name, phone number and a message to:  
[info@conciergevasectomy.com](mailto:info@conciergevasectomy.com)  
The doctor will review your image and you will receive a response within 48 hours.
7. Perform 6 and 12 week semen checks, using that vas kits provided to you on the day of your procedure. When both are done and if both tests are negative, ok to stop protection at that time.

www.conciergevasectomy.com

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