

**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## VASECTOMY

### Home education

1. Take it as easy as possible for the first 2 days after the procedure to minimise the risk of bleeding and bruising
2. Wear firm-fitting underwear to help to minimize bleeding
3. Sexual activity can be resumed after 1 week if you are comfortable
4. Finish all prescribed medication
5. Remember to attend your follow-up appointment
6. Contact your urologist if you have severe pain, bleeding or fever
7. Phone The Urology Hospital (after hours) for assistance
8. Remember your semen analysis (as arranged with your urologist) to confirm sterility.

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