

Mercury Surgery Center, LLC  
901 Heartland Road  
Plaza 2 Suite 1820  
St. Joseph, MO 64506  
816-364-2772

**Discharge Instructions for Vasectomy**

1. This medicine used for your anesthesia or sedation may delay reflexes and reduce reaction time; therefore, for the next 24 hours:
  - a. No driving or operating machinery
  - b. No strenuous activity
  - c. No alcohol
  - d. Take it ease
2. Wear a supporter home after vasectomy.
3. Take it easy for the remainder of the day and have no strenuous exercise for five days (including sex)
4. No diet restrictions.
5. Apply an ice bag to the scrotum when you get home after vasectomy.
6. Take an analgesic (not aspirin) as needed at home (Tylenol).
7. You may shower the next day.
8. All sutures are dissolvable and will disappear.
9. Dr. Kozminski's patients must bring in a semen specimen to be checked in 4 weeks and 14 weeks.
10. Dr. Moore and Dr. Aberger's patients must bring in semen specimen to be checked in 8 weeks, no appointment is necessary unless having concerns.
11. You must use other forms of contraception until a semen analysis has been check and shows no sperm.
12. If you have any problems or questions notify your doctor at:

Phoenix Urology –816-232-8877  
Mercury Surgery Center, LLC 816-364-2772

Appointment : \_\_\_\_\_

Patient: \_\_\_\_\_ Nurse: \_\_\_\_\_ Date: \_\_\_\_\_

Responsible Person: \_\_\_\_\_