

## Vasectomy Instructions

### How to prepare for the procedure:

1. You will be sedated during the procedure; therefore you must have someone drive you home. A taxi cab is not acceptable. If you do not have a ride home your procedure will have to be cancelled and rescheduled.
2. You must not eat or drink anything after midnight on the evening prior to the procedure. Prescription medications may be taken with a sip of water on the morning of the procedure.
3. You must discontinue all blood thinners and aspirin products five (5) days prior to the procedure. Please see attached list of medications. Please consult your prescribing physician(s) prior to discontinuing any of your medications.
4. On the evening prior to the procedure and the morning of the procedure, you should wash your genital area with antibacterial soap. This helps reduce the amount of bacteria on the skin and will lessen the chance of infection. Your scrotal area will be partially shaved on the morning of the procedure. Please do not do this yourself as nicks and cuts in the skin can increase the risk of infection.
5. The surgical facilities usually run on schedule. Plan on being at the facility 2 to 2 ½ hours. Occasionally, medical emergencies may arise that may cause some delays. We ask that you be patient with our staff if these situations arise as they will do everything possible to expedite your care.
6. Please bring an athletic supporter with you to the hospital on the day of the procedure. Snug fitting underwear is also a good choice if you do not have an athletic supporter at home. You will need to wear the supporter home after your surgery and for the next 7-14 days when you are not in bed. This will help reduce testicular swelling and discomfort and will also keep the gauze over your incisions.

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## Vasectomy Instructions (cont.)

### What to expect after the procedure:

1. Ice should be used for the first 48 hours. You should keep the ice inside the supporter, but not directly on the skin. This will also help reduce swelling and will lessen the sensitivity from the operation. Loose fitting pants or sweat pants are a good choice for clothing to be worn on the day of your procedure.
2. Following the procedure, you should plan to take it easy around the house for 2-3 days. Excessive straining, lifting (especially children), driving, yard work, are to be avoided. If you are feeling well after the specified time, you may gradually resume your normal work and activity schedule. No heavy lifting/activity is recommended for seven (7) days.
3. Skin sutures may or may not be used. However, it maybe common to have drainage of blood, clear or yellow fluid for the first several days. The gauze inside the supporter should be changed once or twice a day in order to absorb the fluid and prevent clothes from becoming soiled. Once the incisions are dry, the supporter may be worn without the gauze. If sutures are left in the skin, there may be swelling while they dissolve. Sutures do not need to be removed.
4. Showers may be taken one (1) day after the procedure. Take extra precaution to dry the genital area carefully.
5. If there are any concerns about any symptoms after the procedure, please do not hesitate to call the office.
6. You may have intercourse seven (7) days later as long as you are not experiencing any pain. You **must** continue to use birth control until all sperm count results are negative.
7. You will receive two (2) collection kits for sperm count upon scheduling the procedure. The first sperm count must be completed 12 weeks post vasectomy. Birth control **must** be continued until two results are negative. Our office will call you with the results.
8. If initial sperm count is negative a second sperm count should be completed two weeks later. At all times, birth control **must** be continued.
9. Our office will call the patient with the results of all tests. If both sperm count results are negative no further urology follow up is required unless you are experiencing other urological problems.

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