

## VASECTOMY INFORMATION

### Before The Procedure:

- Stop taking all aspirin or blood thinning medications, NSAIDS (for example: ibuprofen, Aleve, Motrin, naproxen) one week prior to your vasectomy
- Clip excessively long hair from scrotum 1-2 days before, being careful not to nick the skin. Shaving the area is not required.

### The Day of the Vasectomy:

- Wear or bring close-fitting underwear that will support the scrotum like briefs or boxer briefs, NO BOXERS.
- Have a light meal two hours before the procedure. Do not eat or drink for two hours before the procedure.
- Be sure to have someone drive you home from the procedure if you require a sedative for the procedure.

### Post-Vasectomy Instructions:

- Wear close-fitting underwear for 2-3 days to hold the bandages in place
- Place an icepack on your scrotum to minimize swelling during the first 8 hours, (15 minutes on/15 minutes off).
- You may shower immediately but do not scrub the surgical site for the first week. After showering, apply the ointment we have provided for you to prevent infection.
- Avoid submerging your body under water for the first week (pool, spa, tubs).
- Expect to have testicular discomfort and groin discomfort, which may last as long as three weeks (sometimes even longer).
- Expect to have mild bruising around the area of the surgery.
- It is normal for you to be able to feel a "knot" over each testicle. The size of each knot should be no more than  $\frac{1}{4}$  of an inch in size (this is normal inflammation after the procedure).
- Call if you note the following: fever over 101.5 F, excessive swelling of the scrotum with rapid increase in size, excessive amount of pain, or large amount of bleeding from the surgical site.
- You may resume normal activities 24 hours after the procedure if you do not have excessive pain, swelling, or bleeding from the site.
- You must continue to use contraceptive measures until we are able to confirm that you are sterile with a semen analysis (usually after four months).