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Vasectomy Instructions

For the week prior to surgery:

- Avoid Aspirin and aspirin-like products (ibuprofen, naproxen—Advil, Aleve, etc.) for one week prior to your procedure.
- Other medications that you may be asked to stop up to one week before the procedure include: blood thinners such as clopidogrel (Plavix), or warfarin (Coumadin).
- You can obtain a prescription for a mild, oral anti-anxiety medication prior to the procedure.

For the day of the procedure:

- Wear comfortable clothing. Shower before leaving home. You may bring headphones and music if you prefer.
- Shave all hair from your upper scrotum. Begin at the base of the shaft and carry the shave downward. The area shaved should measure about 2-3 inches in diameter. You should do this either the day before or the day of your vasectomy. You may lather the scrotum with soap and water and shave with a disposable blade razor. After shaving the area, shower or bathe to remove all loose hairs. If needed, wash the area again just before coming in for your vasectomy.
- We recommend bringing an athletic supporter or tight-fitting underwear with you to your vasectomy.
- As a standard precaution, you should arrange for someone to drive you to and from the procedure.
- If you have a prescription for an anti-anxiety medication, you should take this medication 30 minutes prior to your arrival at the clinic. It is required that you have someone drive you to and from the clinic if you take this medication.
- The vasectomy will be done using a local anesthetic. In most cases, ibuprofen (Advil or Motrin) is sufficient to relieve discomfort two to three days following your vasectomy.

Post procedure instructions:

For the first several days:

- Apply ice packs intermittently to the scrotum the night of your vasectomy and as much as possible the following day. The ice should be in a plastic bag so as not to injure your skin. Do not apply for more than 20 minutes at a time. We generally recommend 20 minutes on and 20 minutes off. This will significantly reduce your chances of discomfort and swelling after the procedure.
- Remove any dressings–except one or two clean gauze pads–from inside the athletic supporter after 24 hours. Continue using the athletic supporter for one week.
- Cover the incisions with one or two clean gauze pads regularly for three days after surgery. A small amount of blood on the gauze pads is normal. If bleeding or "oozing" occurs, apply pressure to the area.
- You may shower 24 hours after your vasectomy. Afterwards, keep the area of the incision clean and dry. Do not tub bathe or go swimming for 7-10 days after surgery.
- Refrain from intercourse/ejaculation for one week. Ejaculation may cause some discomfort in the groin and testicles until the tissues heal.
- You may return to work and resume normal, non-strenuous activity in about two days or 48 hours. Activities such as weight lifting and jogging should not be resumed for a minimum of one week.
- Note: Absorbable stitches are used for closure of the wound and do not require removal.

For the longer term—semen testing:

- Sperm can remain in your semen for three to six months, or longer, after your vasectomy. It is very important for you to continue to use contraception until your semen is analyzed and you are cleared by your doctor.
- It is recommended that you have at least 20 ejaculations during that first two to three-month period. You should also abstain from ejaculation for two or three days prior to collection of the semen specimen.
- The collection will be done at the lab. An appointment will need to be made and sample will need to be collected at the lab at time of your appointment.
- If your insurance changes between the time of your vasectomy, make sure to notify the lab for correct billing at the time of your collection.

    - 1ST SEMEN ANALYSIS IN 2 MONTHS
    - 2ND SEMEN ANALYSIS IN 4 MONTHS