

Vasectomy

One week before Vasectomy

- Do not take Aspirin, Plavix, Motrin, Aleve or other blood-thinning medications (see complete list attached) for seven (7) days prior to your Vasectomy.
- Pick up your hard copy prescription at our office and take it to your pharmacy.

One Day before Vasectomy

- Shave the underside of the penis and the front side of the scrotum.
- Shower the night before and day of procedure.

Day of Vasectomy

- Please have a normal breakfast and/or lunch prior to your vasectomy.
- Bring the Norco and Valium medications to the appointment. You must sign a consent form in our office prior to taking the medication.
- You must have a driver for after your vasectomy due to the Norco and Valium.
- Make sure to wear tight fitting underwear or bring a jock strap/athletic supporter with you to wear home.

Instructions following your Vasectomy

- You should expect some scrotal swelling and pain. You may wear supportive underwear and/or apply a bag of frozen peas or ice for 20 minutes per hour to help reduce the pain and swelling. Do not be surprised to see some discharge from scrotal incision.
- You will notice 1 suture closing the incision site. This should dissolve on its own within 5 weeks. If it is still present and/or bothersome after 2 weeks you may remove it or call our office to have us remove it for you.
- Please keep your activities to a minimum for 48 hours after your vasectomy. Avoid strenuous activity, including heavy lifting, for at least 1-2 weeks. You may return to work in 3-4 days as long as you can avoid strenuous activity. You may resume sexual activity within 3-4 days, as long as it does not cause scrotal discomfort. **You must use some alternate form of contraception until you are told that you are sterile.**
- You can shower 24 hours after your vasectomy. You must not sit in a bath, hot tub, or pool for 2 weeks.
- See post-vasectomy sample instructions attached.

When to Call the Office

- Fever, chills, nausea, and/or vomiting.
- Thick, foul smelling, yellow, brown, or green discharge draining from the incision site.
- If the incision site becomes severely red, swollen, painful, or hot to the touch (note: you will notice general swelling, bruising, and discomfort in the scrotal area which is normal).

Appt. Date and Time: _____