

Vasectomy

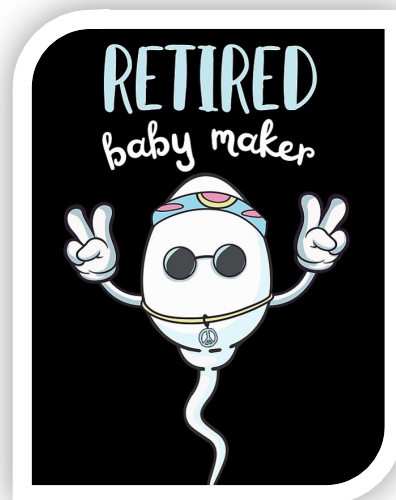
Patient Guide

Prior to Procedure

- Avoid aspirin or aspirin-like products (ibuprofen, naproxen, Advil, Aleve, etc) for one week prior to your procedure. If you take any blood thinners (ie: Xarelto, Eliquis, warfarin), please discuss with your surgeon prior.
- Please shave the scrotum the day before or the morning of the procedure. Shower before leaving home.
- You should wear comfortable clothing to your procedure. Make sure to wear or bring tight-fitting underwear such as a jockstrap or compressive boxers for after the procedure
- You may bring music and headphones if you prefer.
- Please have breakfast and/or lunch prior to procedure.
- As a standard precaution, you should arrange for someone to drive you to and from your appointment for your safety.

After the Procedure

- Apply ice packs (ie: frozen bag of peas) to your scrotum for 20 minutes every hour while awake for 24 hours to assist with pain and swelling.
- Remove any gauze pads the morning after your procedure.
- Wear tight-fitting underwear for one week
- Refrain from intercourse or ejaculation for one week.
Ejaculation may cause some testicular discomfort until you heal
- You may resume non-strenuous activity after 2 days or 48 hours. No heavy lifting (>10 lbs) or jogging for one week.



Vasectomy (2)

Patient Guide

Discharge Instructions

Pain	You may experience scrotal discomfort postoperatively. Apply ice packs as mentioned above. You may take Tylenol 650mg every 6 hours and alternate with ibuprofen 200mg with food.
Wound care	An adhesive glue may be used to close your incisions. If so, no wound care is needed. If not, please apply bacitracin ointment (can be picked up at your local pharmacy) around the incision twice daily for 1 week.
Medications	No prescribed medications, such as antibiotics, are necessary. You may take pain medications as above.
Activity	No heavy lifting or strenuous exercise for one week after surgery.
Bathing	You may shower 24 hours after the procedure. Allow water and soap to run over your incision. Do not scrub. No bathtubs, jacuzzis, or swimming pools for 2 weeks. The sutures will dissolve in 2-4 weeks.
Diet	Resume diet upon discharge. No restrictions.
Driving	May resume driving day after surgery if not taking pain medications
School/Work	You may return to work/school 2 days after surgery
Intercourse	Please refrain from intercourse or ejaculation for one week. Continue to wear protection until your post-vasectomy semen analysis results.
Expectations	You may have some spotting of blood along your incisions or on the gauze. This is NORMAL. It should stop within 48 hours.
Follow-up	You will be given information on the mail in 'Fellow Semen Analysis Kit' which is to be performed 2-3 months after your vasectomy. We will plan for a 3-month telehealth visit to review the results.
When to call	Please call your surgeon if any of the following occur: <ul style="list-style-type: none">❖ you have a fever >101 F, develops signs of infection❖ you develop significant scrotal swelling❖ you experience persistent bleeding from incisions