

## VASECTOMY

**VASECTOMY** is a simple, safe, and effective surgical procedure that makes a male sterile (unable to father a child). A vasectomy should be considered irreversible and is a serious step to take. You and your partner should share in this permanent decision.

### **Instructions Pre-procedure:**

1. It is okay to drink or eat a light meal prior to your procedure.
2. If you take blood pressure medication, heart pills, etc. you may take prior to this procedure.
3. If you take ANTIBIOTICS prior to dental work or have an orthopedic prosthesis, or if you were told by another physician to take antibiotics prior to surgery, please call the office.
4. Coumadin, Aspirin, Ibuprofen, or Drugs for Arthritis or Inflammation must be discontinued 1 week prior to surgery.
5. It is necessary for you to purchase scrotal support or athletic supporter from your local drug store prior to procedure.

**THE MORNING OF PROCEDURE:** Make sure you bring the scrotal support on the day of procedure.

### **Instructions Post-procedure:**

**DIET:** 1. You will have no dietary restrictions.

- ACTIVITY:**
1. It is okay to shower within 24 hours, no bathing/swimming for 7 days. You can return to sexual activity when you feel ready.
  2. No heavy lifting or strenuous exercise for one week.

**PAIN MEDICATION:** You will be given a prescription for pain medication. Take as needed. You may also take Tylenol as needed, but NO ASPIRIN. No Alcohol.

### **INCISION CARE:**

1. Apply ice to surgical area day of procedure. (wrap ice in gauze or cloth. Do not apply directly to skin)
2. Wear the scrotal support for one week. You will experience some discomfort, redness, swelling and bruising - this is all normal.

**SEXUAL ACTIVITY:** Use birth control until having 2 negative semen analyses (office will notify you).

Post vasectomy Patients need to call office to confirm that the physician is in the office before dropping samples. First sample will be 1 month after procedure. Second sample 3 months after procedure.