



### **INSTRUCTIONS FOR VASECTOMY PATIENTS**

1. Unless instructed otherwise when you schedule your vasectomy, the evening before your vasectomy you should shave the pubic area around the penis, the shaft of the penis, two inches around the scrotum, and the entire scrotal sac. It is not necessary to shave the entire pubic area. Shave using a standard safety razor like the Gillette Trac II. Do not use an electric razor, waxing products, or cream depilatories like Nair.
2. Be sure to bring someone to drive you home. Sedation may be given and the patient is not allowed to drive home after the procedure.
3. Have your prescriptions filled on the way home after the procedure and begin your medications immediately.
4. For the next three hours after the procedure, be still and use an ice pack on the scrotum.
5. After three hours, you may get up and move around. For the next two days you should continue to use the ice pack intermittently. You should not do anything strenuous for the next week -- no heavy lifting, do not mow the lawn, no bicycle riding, no motorcycle riding & no horseback riding etc. After one week you may participate in your normal activities as you feel like it.
6. You may have swelling on either side of the scrotum which will be about the size of your thumb. This is normal.
7. The entire scrotum may turn blue as it bruises easily. This is okay as long as the scrotum does not become swollen to the size of an orange or grapefruit, etc. If this happens, please call your urologist.
8. You may resume sexual relations at any point, but you must continue your current birth control methods until we have tested two negative sperm counts.
9. Your skin stitches will dissolve on their own within the next 7 to 10 days. You may shower anytime, but no swimming or tub baths for one week or the stitches may dissolve too soon.
10. You will be more comfortable if you wear a scrotal support (jockey strap) or jockey-type underwear for the next four or five days.
11. The tissue specimens removed today will be checked by a pathologist to verify their identity. You will be billed separately by the pathologist.
12. Please contact your insurance and verify whether a vasectomy is a covered service. If it is a covered service, please be prepared to pay any deductible or co-pay that will be due. If it is not covered you will need to pay the full fee before the procedure.

Please contact your insurance and verify whether a vasectomy is a covered service. If it is a covered service, please be prepared to pay any deductible or co-pay that will be due. If it is not covered you will need to pay the full fee before the procedure.

Office (205) 930-0920