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## VASECTOMY

### PATIENT INSTRUCTIONS

#### **One week before your vasectomy:**

No aspirin, Advil, Aleve, or any other aspirin-related product at least one (1) week prior to the surgery (only Tylenol may be used).

#### **The evening before your vasectomy:**

Shave scrotum and pubis (entire area) and wash well. (This will help remove the excess hair from the area.)

#### **The day of your vasectomy:**

1. Take the prescribed pain medication two (2) hours before surgery (2 – 200 mg Celebrex – similar to Vioxx).
2. Eat a light breakfast.
3. You **must** bring a large supporter (you want it to be loose around the waist and not too tight). (Not underwear.)
4. You **must** bring someone with you to drive you home.

#### **After your vasectomy:**

**Before leaving the office**, schedule a follow-up appointment.

#### **First 48 hours after surgery:**

1. Rest flat as much as possible for the first 48 hours, with ice on the scrotal area (20 minutes on and 20 minutes off, then repeat).
2. Do not bathe for 48 hours. This allows the sutures to stay in long enough to assure good healing. The sutures will dissolve on their own.
3. No sex for 48 hours.
4. Be sure to wear your supporter at all times. This will decrease any swelling, which may occur after the surgery and also help alleviate some pain.
5. Take pain medication as prescribed. Usually extra strength Tylenol is sufficient if you are not experiencing a great deal of discomfort.

#### **Two (2) and three (3) months after surgery:**

You are not sterile or cleared to have sex without protection against pregnancy until you receive clearance from the doctor. You need to have two semen analyses at 2 months and 3 months post-surgery showing no sperm. Specimens should be taken to the lab, not the office. You must have at least 12 ejaculations before your first semen analysis.

**SHOULD ANY PROBLEMS OR QUESTIONS ARISE,  
CALL THE OFFICE (609) 921-3008.**