



## UROLOGICAL CONSULTANTS

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# FACTSHEET

## VASECTOMY

### *Preparing for the Procedure:*

1. On the day of the procedure, shave all the hair on the front of your scrotum - from the point where it meets the body - down to the bottom. If the hair is long, scissor cut it first, then shave the area.
2. Shower with a mild soap to remove the loose hair.
3. You may be given an envelope containing two pills - a mild sedative, and an antibiotic. Your physician will instruct you to take both medications or possibly only take the antibiotic if you are driving your self home.
4. Make arrangements for someone else to drive you home after the vasectomy if you took the sedative.
5. This is important since the sedative can cause drowsiness.
6. You should bring an athletic supporter or snug jockey shorts to wear home after the procedure.
6. Please read all the documents and sign the authorization sheet along with your wife.
7. If you are taking any aspirin, arthritis medications, Coumadin, Plavix or blood thinners, please inform your doctor. These medications will generally need to be discontinued seven days before the procedure. If you are unsure about which medications may cause bleeding, ask your doctor

### *After the Procedure:*

Although the vast majority of patients make a smooth, uneventful recovery from their procedure, the chances of any problem occurring can be minimized by following a few simple instructions.

Go straight home after the procedure, and place a cold pack, or a zip lock bag filled with ice on the incision site over the supporter. Keep it on for 30 minutes, then off for 15 minutes. Do this for 8 to 10 hours or until you go to sleep that night.

Limit your physical activity for at least one week. This means no heavy lifting, exercise, jogging, treadmill tennis, etc. If you have any question about a particular activity, ask your doctor.

Remove the bandage the day after the procedure, and replace it with a clean one. After 2 to 3 days, no bandage is needed, unless having one makes you more comfortable. Be sure you use jockey shorts or an athletic supporter for one week after the procedure.

Keep the area dry for 24 hours after the procedure. After that, you should shower twice a day, letting the water cleanse the incision areas. Use only a mild soap, and do not use a Jacuzzi or hot tub for one week.

The skin sutures will dissolve within two weeks, and do not need to be removed.

You may eat and drink after the procedure.

There usually is a small amount of swelling and bruising which occurs after the vasectomy. If the bruising extends beyond the scrotum, or if the swelling under the incisions get larger than "golf ball size", call the doctor's office. A small amount of blood on the bandage in the first hours after the procedure is expected. If the bleeding continues, or if several days later, pus begins to drain from the incision site, call the office.

Remember, you are NOT considered "safe", that is, the vasectomy is not considered effective until two follow up semen analyses have shown the complete absence of sperm.

To confirm that the vasectomy has worked, you must have two semen analyses done - one at six weeks after the vasectomy, and the other at eight weeks. The specimens should be delivered to the lab within one hour of collection. Make sure to label the specimen container with your name and the date or the lab will reject the specimen. Make sure the lab participates with your insurance company. Once your specimen has been taken to the lab, you may call your doctor's office to get the results to confirm your sterility. You need to continue to use birth control until two semen analyses confirm sterility.

The lab fee for the semen analysis and the pathologist's fee examining the vasectomy specimens are independent of the physician's fee. These fees can be submitted to you insurance carrier.