



INSTRUCTIONS FOR VASECTOMY PATIENTS

1. Unless instructed otherwise when you schedule your vasectomy, the evening before your vasectomy you should shave the pubic area from the penis 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. Have your prescriptions filled on the way home after the procedure and begin your medications immediately.
3. For the rest of the day & evening after the procedure, lie flat on your back and use an ice pack on the scrotum. You may get up to eat & to use the bathroom.
4. You should not do anything strenuous for the next 3 days -- no heavy lifting & do not mow the lawn, etc. After 3 days you may participate in your normal activities as you feel like it except no bicycle riding, no motorcycle riding & no horseback riding for the next 2 ½ weeks.
5. You may have swelling on either side of the scrotum which will be about the size of your thumb. This is normal.
6. 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.
7. 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.
8. If you have skin stitches, they will dissolve on their own within the next 7 to 10 days. You may shower the day after the procedure but no swimming or tub baths for 4 days.
9. You will be more comfortable if you wear a scrotal support (jockey strap) or jockey-type underwear for the next four or five days.
10. The tissue specimens removed today will be checked by a pathologist to verify their identity. You will be billed separately by the pathologist.

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