

DATES AND TIMES TO REMEMBER

You will need to report to the Outpatient Pavilion at the Hospital or our Pottstown/Phoenixville office at:

On _____

INSTRUCTIONS FOR CARE BEFORE THE VASECTOMY

- 1.) Shave your scrotum and trim pubic area the night before scheduled surgery.
- 2.) If your vasectomy is scheduled for early morning do not eat after midnight. If your vasectomy is scheduled for the afternoon, you may have breakfast but no lunch. Water and coffee are okay.
- 3.) Please refer to the list attached for medications that you cannot take.

INSTRUCTIONS FOR CARE AFTER THE VASECTOMY

- 1.) Do not return to physical work for two days or later if you do not feel comfortable.
- 2.) Tylenol or a similar mild medication for pain if needed.
- 3.) Wear scrotal support or snug jockey shorts for comfort if needed. (May want to wear them the day of surgery.)
- 4.) You may take a shower the day after the procedure but avoid sitting in dirty bath water. Warm soaks in clean bath water may be started in 48 hours to heal the incision faster or if the edges become irritated.
- 5.) Some swelling up to about the size of a walnut inside the scrotum is normal.
- 6.) Some spotting of blood or slight drainage is normal, as is some “Black & Blue” discoloration of the surrounding skin. Report any excessive bleeding or swelling of the scrotum to the doctors.
- 7.) The sutures will be absorbed or will fall out. No removal is necessary.
- 8.) You must use contraception until advised your **second** semen analysis shows no sperm. (A minimum of 3 months post-op.)
- 9.) Call our office on the day of your surgery for a post-op visit for one to two weeks, so that we can how you are healing.
- 10.) You must have someone to drive you home after the vasectomy.