



VASECTOMY INSTRUCTIONS

Welcome to The Urology Group, P.C. We hope that the enclosed information will answer your questions about the procedure and make you more relaxed at the time of your appointment.

PRE-OPERATIVE INSTRUCTIONS:

1. Please arrive 15 minutes prior to your appointment time to complete the necessary paperwork.
2. You may eat a light meal. **No** alcohol. **No** medications other than your usual medications. (**No** aspirin should be taken 7 days prior to your scheduled procedure.)
3. Shower with particular attention to the genital area prior to your appointment. Shave your **entire** scrotum with particular attention to the front portion of the scrotum up to the base of the penis. Extend the shaving slightly up to each side of your penis.
4. You **MUST** have someone accompany you to our office to drive you home following the procedure if you are going to be sedated. No sedation is provided in the Southaven office.

OPERATIVE INFORMATION:

1. The vasectomy will be done under a local anesthesia called Lidocaine. Lidocaine burns for approximately 5 to 10 seconds when it is injected through a very small needle which just pierces the superficial skin.
2. The incision is approximately ½ inch in length and is usually on the right upper anterior portion of your scrotum; however, there may also be a small incision on the left. One small suture will be placed in the incision.

POST-OPERATIVE INSTRUCTIONS:

1. We recommend you stay off your feet as much as possible. You will need to apply an ice pack intermittently to your scrotum when you get home. You should follow a 2 hours on and 5 minutes off pattern for 6 to 8 hours. You may want to continue this until bedtime. You do not need to continue the ice packs on the next day.
2. We also recommend that you stay off of your feet as much as possible the next day. You can leave the house for brief periods later in the day. You may shower on this day but **NO** tub baths until your stitch falls out.
3. The next day, or the second day following your vasectomy, you may increase your activity, vigorous physical activity is not recommended.
4. On your third post-operative day, you may increase your activities. Let pain and common sense be your guide to your activity level. If you are comfortable enough, you may have intercourse. **You must continue your contraceptive precautions until a negative semen specimen is returned to our office in six to eight weeks.**
5. You may experience some bruising on your scrotum.
6. You may also experience mild pain and swelling in both testicles. This should be very limited and is normal. Wearing briefs or a jock strap is advisable. Take Ibuprofen every four hours as needed.
7. You may experience mild discomfort and some bruising in your groin. This is normal.

POST-OPERATIVE SEMEN CHECK:

1. It will require 20 ejaculations and 6 to 8 weeks to remove all sperm from your system. Please continue your birth control until you have been informed that your specimen is negative.
2. You will be given a specimen cup on the day of your vasectomy. You should return a semen specimen, in the specimen cup provided, to our office 6 to 8 weeks following the procedure. The specimen should be returned between 8:30 am and 4:00 pm. You do not need an appointment for this. If the specimen is collected the night before, it must be refrigerated. If collected the morning it is dropped off at the office do not expose to warm temperatures.

VASECTOMY CHARGES

The charge for the vasectomy procedure is \$ _____. At your physician's discretion the removal tissue may be sent to pathology for confirmation. Payment is expected at the time services are rendered. We will file you insurance for you if you wish.

VASECTOMY REVERSAL

Vasectomies can be reversed with a procedure called vasovasostomy. It is much more difficult and time consuming than the vasectomy, however, contrary to some information, this procedure has a greater than 90% success rate.