



## Vasectomy Instructions

1. Make every effort to keep your appointment, and be on time, since this time has been reserved for you. No Aspirin for 7 days, and no Advil or Aleve or other NSAIDs for 3 days before the procedure.
2. Shave as much hair from around the front and sides of the scrotum and testicles the evening before or the day of the vasectomy, and wash off the loose hairs.
3. Have someone drive you to and from the office, as you may receive some medication that will make you drowsy.
4. Bring a pair of clean jockey underwear or an athletic supporter (jock strap) or other supportive underclothing to wear home.
5. Rest at home after the procedure. Use some ice in a plastic bag wrapped in a washcloth for 10 minutes every hour or two on the scrotum to minimize swelling.
6. A few drops of blood on the dressing is normal. Remove the dressing the next day. You may shower the next day, but no baths or swimming pools for a week.
7. Two days of light activity on the second and third days, no heavy lifting. No intercourse or very heavy lifting for a week.
8. Follow up visit is 1-2 weeks after the vasectomy.
9. **You are not sterile until the sperm that are already in the tubes are gone. It takes 4-6 weeks and 12-15 ejaculations before all the sperm are gone. At your follow up visit, we will give you a container and a lab slip for a sperm check. You should use other contraception until the sperm check comes back with no sperm.**