



SURGICAL ASSOCIATES

Vasectomy Instructions

Before Surgery

Be sure to discuss all your prescriptions and over-the-counter medications with your surgeon during your consultation. Otherwise, call and update the nursing staff with any changes. If you are taking anticoagulants or blood thinners, please inform the provider.

Purchase **compression shorts** for added comfort after the procedure and bring a pair to change into.

Optional: Trim the pubic hair on your scrotum and in your groin with an electric razor. Otherwise, this will be done during the preoperative phase of the procedure. **Please do not attempt if you only have a straight razor.** We want to avoid open cuts in the skin, which increases the risk of infection.

Pick up your prescribed Valium from your preferred pharmacy.

Take the Valium 30 – 60 minutes before the procedure. **You will need someone to drive you** to surgery and take you home, as Valium relaxes/calms you, adjusts your responsiveness and makes you impaired to drive. Wear comfortable clothing. Shower before leaving home.

After Surgery

Compression shorts (boxers) are recommended to help support your sore scrotum after the procedure. Arrange for a driver to take you to and from the surgery center.

The vasectomy will be completed using local anesthesia. The numbing may last up to two hours after the procedure. You may start a schedule of analgesics, alternating ibuprofen and acetaminophen after the procedure:

- Take ibuprofen (Advil) 800 mg every eight hours
- Offset this schedule with acetaminophen (Tylenol) 1,000 mg every eight hours

Vasectomy Postoperative Instructions *For the First Several Days*

Apply ice packs intermittently to the scrotum the night of your vasectomy and as much as possible for the next 2 – 3 days. Do not apply ice for longer than 20 minutes at a time. You may reapply 20 minutes after giving the skin a break. Make sure to have a barrier between the ice and your skin.

Do not pick at the skin glue on your incision. Leave it open to air and allow it to flake off on its own. This will start to flake off in 7 – 10 days.

You may shower 24 hours after your vasectomy.



You may resume intercourse or ejaculate as soon as you feel comfortable. Please use contraception until your semen analysis is negative of live sperm. There may be live sperm in the remainder of the vas deferens (the tube that carries sperm from the testicles).

There are no restrictions after a vasectomy; it is recommended that you lay low for 48 hours to help with the healing process. Activity may be resumed as you feel up to it.

You will likely have postoperative discomfort. Complications are rare but can occur.

Contact our office if any of these concerns arise after arriving home:

- Signs of infection, including fever and chills
- Redness, swelling, excessive pain or bleeding, or discharge at the incision site
- Difficulty urinating
- Pain that you cannot control with your medications

For Semen Analysis

Sperm can remain in your vas deferens for **three to six months or longer** after your vasectomy. Therefore, it is very important for you to **continue to use contraception until your semen is analyzed** and the results are absent of living sperm.

After your three-week postoperative follow-up via telephone and 15 ejaculations, a semen specimen should be brought to the Aspirus lab for fertility analysis. It is recommended that you have at least 15 ejaculations before your analysis.

For complete instructions, please review the semen analysis information.

Vasectomy Procedure Costs – What to Expect

We want to make you aware of the possible charges related to your vasectomy, so there are no surprises after your procedure. You may receive bills from the following:

Surgical Associates	This covers the vasectomy procedure itself.
Associates in Pathology (AIP)	This is for processing the small tissue sample (Vas Deferens), which is a routine part of the procedure.
Aspirus Lab	This covers the semen analysis done afterward to confirm sterilization.

If you have any questions or would like more details about pricing, please contact our billing department at Surgical Associates. We're happy to help.