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## PRE-OP INSTRUCTIONS FOR YOUR VASECTOMY

- Regarding your upcoming vasectomy. Please review ALL of the information thoroughly prior to your appointment.
- Do Not take any blood thinning products 10 days prior to your appointment. **This will include: Coumadin, Plavix, Aspirin, Advil, Ibuprofen, Aleve, Motrin, or any other product containing Aspirin.**
- If additional medications are added to your normal/daily regimen please contact our office with this information.
- Please make sure you are accompanied by a driver. You may receive Valium for the procedure and will be unable to drive yourself home.
- You should bring briefs or an athletic supporter for after the procedure.
- Thank you for your interest in elective sterilization. Please contact our office should you have any questions or wish to change or cancel your appointment.
- Please eat before your procedure.



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### POST-OPERATIVE INSTRUCTIONS FOLLOWING YOUR VASECTOMY

- Remain in bed with your scrotum elevated on a pillow and place an ice pack on your scrotum over your scrotal support until you go to sleep. The following morning you may shower. There maybe a single stitch that will melt away within 7-14 days following your surgery. A small amount of oozing or blood spotting is acceptable; merely wash this away with soap and water. You may notice a pea size nodule inside the scrotum near the vas deferens on one or both sides. This is called a sperm granuloma and is considered normal
- Do not do any vigorous work or any sports for two weeks following your procedure. It is advisable to wear tight fitting underwear or a jock strap for two weeks following your procedure.
- Rarely do patients require more than Tylenol for pain. Should you need more medication, call the physician at **303-733-8848**. **DO NOT TAKE ASPIRIN IT CAUSES BLEEDING. ONLY TAKE TYLENOL.**
- You may resume intercourse two weeks following the procedure. However, **REMEMBER YOU ARE NOT CONSIDERED INFERTILE UNTIL WE HAVE SEEN TWO SEMEN SPECIMENS, TWO WEEKS APART, THAT HAVE NO SPERM IN THE SPECIMEN. THEREFORE, YOU MUST USE WHATEVER BIRTH CONTROL PRECAUTIONS YOU ARE CURRENTLY USING UNTIL WE SEE NO SPERM IN YOUR SPECIMEN.**
- It generally takes between 20 & 30 ejaculations over a four week period following your two weeks of abstinence for the tubes to be free of sperm. When you have ejaculated 30 times, at six weeks and eight weeks after your vasectomy, bring a specimen into the office within one to two hours after you have produced it by masturbation. Specimens will not be accepted if they are in a condom. We will notify you of the test results after you have submitted your specimen. Specimens are accepted at all locations between 9:00am and 4:00pm.
- Please put your specimen container in a paper sack with your first and last name on the outside of the sack. When you bring the sample in, you will be asked to complete a small form.
- If you have been given Valium for your procedure, you **MAY NOT DRIVE OR OPERATE HEAVY OR DANGEROUS EQUIPMENT FOR 24 HOURS.**

Feel free to contact us regarding any questions you may have. We are always available to you.