

Vasectomy Center of Connecticut

Instructions for Vasectomy

THINGS TO DO THE WEEK BEFORE FOR YOUR VASECTOMY:

1. Prepare for your appointment by arranging your schedule to accommodate two days of rest followed by 5-7 days of light activity after your vasectomy.
2. **Do not take aspirin, ibuprofen (Motrin, Advil), naproxen (Aleve), or fish oil for 7 days prior to the appointment.** If minor pain medicine is needed, please use acetaminophen (Tylenol).
3. Trim the hair above the penis with a pair of scissors and shave/trim on the front of the testicle area (scrotum) below the penis **several days prior** to your appointment (Hibiclens may sting when used on freshly shaven skin).

THINGS TO DO THE DAY OF YOUR VASECTOMY:

1. Shower in the hour or two prior to leaving the house using the **Hibiclens** (available on Amazon or at local drug stores in the first aid aisle). Take a normal shower and rinse, then proceed to wash the low abdomen, groin, thighs, penis and scrotum with Hibiclens soap using a washcloth, then rinse again. Although not approved by the FDA for use on the genitals, it is commonly used this way, and recent studies have shown a significant decrease in infections when used before genitourinary surgery.
2. Wear (don't just bring along) a clean **jock strap or sport compression shorts** to the appointment.
3. You may have a **light meal** before the surgery as it will help prevent you from becoming light-headed.
4. **Empty your bladder** prior to leaving the house.
5. **Arrive to the appointment warm** (wear long pants, use heat/heated seats in the car) as cool conditions can make it harder for the numbing medicine to work, and the surgery more difficult to perform.
6. **Have someone else drive you to and from the appointment.** Ride services are permitted if finding a driver is difficult.

FOLLOWING YOUR VASECTOMY:

1. **Continue using birth control!** The vasectomy will not work for approximately 3 months. You must have a semen analysis that shows no sperm prior to having unprotected intercourse.
2. **Go home and rest for 48 hours.**
 - a. The optimal way to do this is to lie down on your back on the couch or in bed. You then raise the testicles by placing a small, rolled towel under them between the legs. Move the penis out of the way by reflecting it up onto the abdomen. Then place a gel pack/bag of frozen peas on the front of the scrotum for about 20 min at a time. This position reduces pain and swelling and is better than sitting up.
 - b. Scrotal elevation and ice are recommended to reduce pain or swelling for the first 24-48 hours and then as needed for up to a week.
3. It is recommended to use **acetaminophen (Tylenol)** for the first 24 hours for discomfort (1000mg every 6 hours as needed).
4. You may **shower** on the second after the vasectomy (skip one day).
5. Following the period of rest, you may return to work but avoid heavy lifting, exercise and ejaculation/sex for an additional 5-7 days. The activities of work can exacerbate discomfort so be prepared and take it easy.
6. Be aware that about 10% of men experience blood in the ejaculate in the month following vasectomy. This will pass on its own as the vasectomy heals and requires no treatment.
7. Call Dr Matson if you have questions.

SEMEN ANALYSIS COLLECTION INSTRUCTIONS:

1. If you purchased the kit, follow the instructions in the box. You will get the results back in a day or two after mailing. If there are any residual sperm (common, don't panic) a new kit will be automatically sent to you for a repeat test in a month. For any questions about results feel free to call Dr. Matson.

HAVE THE POST-VASECTOMY TESTING DONE THREE MONTHS OR MORE AFTER YOUR VASECTOMY