

PREOPERATIVE VASECTOMY INSTRUCTIONS

◆On the night before surgery, **shave the scrotal area**. This includes the front and sides of the scrotum, as well as all the hair around the penis and for an inch above the penis. On the morning of the surgery, shower and wash the scrotal area with soap and water.

◆**Do not eat for two hours prior to surgery**. A few men may feel queasy during the procedure but this is lessened if there is no food in the stomach.

◆Avoid wearing loose boxer shorts for the first seven days. A regular pair of jockey or brief underwear will be sufficient.

◆**Avoid taking Aspirin** a week before and a week after the procedure as this may cause excessive bleeding and bruising. Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) is an acceptable analgesic to use.

◆**Take a Tylenol #3 and a Naproxen 1-2 hours prior to the procedure**. This will mean less discomfort for you during and after the procedure.

◆Please call the office if you have any questions.

◆If you need to cancel or change your vasectomy appointment, please give us as much notice as possible. **You will be charged a \$100 'no show fee' if you cancel your vasectomy appointment with less than 24 hours notice.**