

PREPARATIONS FOR YOUR VASECTOMY - INSTRUCTIONS

24 HOURS PRIOR TO SURGERY

1. Shave all hair from the scrotum and from around the penis, including pubic hair, and wash thoroughly with soap to remove all loose hair.
2. Plan to eat light meals on that day and nothing for at least 4 hours before surgery.
3. Bring an athletic supporter or scrotal support with you.
4. Bring someone to drive you home otherwise the doctor will not do the surgery.
5. The usual recovery period is about 1 week; you may resume your regular activity immediately, but avoid any strenuous physical activity for 1 week. Your stitches will absorb or drop off within 4 weeks.

POST VASECTOMY INSTRUCTIONS

1. Put an ice pack on the incisions, alternating for 20 minutes on and 1 hour off for the first 24 hours after surgery. This will keep swelling and bruising to a minimum.
2. Wear your scrotal support for at least the first 48 hours. You may find it comfortable to wear it for several weeks.
3. You may take a warm shower after 24 hours. Dry your sac by blotting rather than rubbing. Postpone tub baths for one week.
4. Your stitches will dissolve by themselves, they do not require removal.
5. Avoid strenuous activity for 1 week, especially heavy lifting and pushing and vigorous sports.
6. Sexual intercourse could be resumed within 1 to 2 days, but make sure you use a form of birth control.
7. Over the counter analgesics should relieve any local pain or discomfort. For severe pain or bright red bleeding please contact Dr. Jano at (248) 471-1911
8. Please continue to use your usual method of birth control until advised differently after two negative semen analyses.
9. Make arrangements for a sperm count analysis after at least fifteen ejaculations, then 6 – 8 weeks later.
10. Please make sure your name is on the container and the lid is tightly closed before bringing to the doctor's office which will then be sent to the lab. The results are usually in within two days.