

# Alaskan Interior Urology

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## PRE-VASECTOMY PATIENT INSTRUCTIONS

### *Before The Procedure*

If your partner is pregnant now, please notify your urologist by calling the number above. In this special situation, your doctor may recommend waiting until the baby is safely delivered before performing a vasectomy.

Stop taking all aspirin or blood thinning products one week prior to your vasectomy.

Arrange to rest and be off from work for 2-3 days after the vasectomy. (Many men schedule their procedure on a Friday and recuperate over the weekend before returning to work Monday.)

### *The Day Of The Vasectomy*

You may eat and drink as you normally do.

Carefully shave all of the hair from the scrotum. It is not necessary to shave the entire pubic area, only the scrotum.

Wear or bring close-fitting underwear that will support the scrotum and help hold the bandages in place after the procedure.

### *Questions/Concerns*

If you have any questions before or after the vasectomy, please call your urologist or urology nurse at 907-458-0700.

## POST-VASECTOMY PATIENT INSTRUCTIONS

### *General Expectations*

You can expect some bruising and redness at the site of the incision. The sutures in your incision will dissolve and fall out within 5-10 days. There may be some yellow or white discharge from the incision as the sutures dissolve. This is normal.

You may notice a small open gap at the site of the incision after the sutures fall out. This will close up over time. You may notice some firmness in and around the incision site. It will soften, flatten and return to normal within a few weeks.

### *Post-Vasectomy Instructions*

To facilitate a speedy recovery, please adhere to the following instructions.

- Wear close-fitting underwear for 1-2 days to hold the bandages in place and protect the scrotum
- Place an icepack on your scrotum to minimize swelling during the first 24 hours.
- Most patients need only ibuprofen or Tylenol to control pain; however, your urologist will give you a prescription for pain pills that you can fill if you find that you need a stronger pain controller.
- You may take showers beginning the day after the procedure, but avoid soaking the scrotum in baths, swimming pools or hot tubs until the sutures completely dissolve (usually 10 days).
- Rest for a few days. Do not play sports, do heavy lifting or have sex for the first 3 days after the vasectomy. After 3 days, you may return to your normal activities, but start slowly.

### *Follow-Up Semen Test*

Understand that a vasectomy does not make you immediately infertile. It takes 6-8 weeks (30-40 ejaculations) for all the sperm to leave your body. **IT IS CRITICAL THAT YOU USE ANOTHER FORM OF BIRTH CONTROL UNTIL A SEMEN TEST SHOWS NO SPERM.** After 30-40 ejaculations or 3 months you must bring a semen sample to the office or laboratory so that a urologist can verify that no sperm are present and that the vasectomy was successful.

Semen samples can be delivered to *Quest Laboratories* or to Dr Huffer's office in the specimen cup your doctor provided. The sample must be delivered within 2 hours of ejaculation.

Although you do not need an appointment, please call the clinic on the day you plan to bring in your specimen so that we can verify that a urologist will be available to review it.

### *Complications*

Contact doctor's office immediately at (907) 458-0700 if you experience any of the following complications:

- Temperature (taken by mouth) above 101.5°F
- Bleeding from your incision that will not stop
- Redness or swelling that does not subside
- Difficulty urinating