

No-Scalpel Vasectomy

Before Your Procedure:

Medications - Please stop taking blood-thinning medications at least 2 days prior to your vasectomy. These can include warfarin (Coumadin, Jantoven), heparin and aspirin, and other over-the-counter pain medications such as ibuprofen (Advil, Motrin IB, others). Patients on prescription blood thinners should consult their cardiologist to make sure it's ok to stop medication for 2 days.

Sedation – Sedation is optional. If you are planning on receiving sedation- you should not have anything to eat at least 8 hours prior, but you can drink water or Gatorade up until your appointment time. You **MUST** have a driver to receive sedation. Minimal sedation can also be given (Valium) but a driver is still required.

Clothing and Personal Items - Bring a pair of tight-fitting briefs, boxer briefs, or an athletic supporter to wear after the procedure to support the scrotum and minimize swelling.

Other Precautions - Shower or bathe on the day of the surgery. Be sure to wash your genital area thoroughly. Please shave the front part of your scrotum under your penis.

Driver - You **MUST** have a driver to receive sedation. We recommend that you arrange for a ride home after your surgery, even if you chose no sedation, to avoid movement and pressure on the surgery area caused by driving.

Procedure:

The procedure takes place in an exam room with no sedation to moderate sedation, depending on your preference. During the procedure which usually takes less than an hour, the doctor will obtain the vas deferens through the anterior scrotum, gently separate it from the surrounding tissue, and prepare it so that you don't have to worry about future pregnancies.

After The Procedure

Following a vasectomy, you'll have some bruising, swelling, and pain. It usually gets better within a few days. Your doctor will give you instructions for recovery. Your doctor will tell you to:

- Call right away if you have signs of infection.
- Limit activity after surgery. You'll need to rest for 24 hours after surgery. You can probably do light activity after two or three days, but you'll need to avoid sports, lifting, and heavy work for a week or so. Overdoing it could cause pain or bleeding inside the scrotum.
- Support your scrotum with a bandage and tightfitting underwear for at least 48 hours after your vasectomy.
- Apply ice packs to the scrotum for the first two days.
- Avoid any sexual activity for a week or so. If you do ejaculate, you may feel pain or notice blood in your semen. If you have sexual intercourse, use another form of birth control until your doctor confirms that sperm are no longer present in your semen.

Follow Up:

A vasectomy prevents sperm from being released. Erection and ejaculation stay the same but the semen contains no sperm. A follow-up lab test for a sperm count after the procedure is important to be sure all the sperm have cleared. This follow up is NOT with Cedar River Clinics- it will be directly with the lab you've been assigned to AFTER at least 25-30 ejaculations and preferably after 3 months. **You should not have unprotected sex until it is confirmed that sperm is no longer present.**

Vasectomies do not protect against HIV/STIs, so condoms are recommended for safer sex.



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