

INFORMATION ON VASECTOMY (CONSULTATION FORM) LJM/LAF

1. Please shower, shave and wash area thoroughly prior to your vasectomy appointment.
2. This is a procedure which is usually performed in the office and in no way will affect your sexual ability.
3. The procedure usually takes 15-30 minutes.
4. Patients are required to have a designated driver, since they will not be allowed to drive a car until the following day.
5. Aspirin and aspirin products must be stopped ten (10) days prior to the procedure.
6. Small doses of Valium will be administered intravenously to allow for muscular relaxation and mild sedation. This makes the procedure easier to perform.
7. "Novocain-like" medication is injected into the scrotal skin to numb it.
8. One small incision is made on each side of the scrotum.
9. The Vas (sperm tube) is then cut and the ends are occluded. An absorbable suture is then used to close the incision and does not have to be removed.
10. During your initial appointment, the doctor may give you two (2) prescriptions. The first medication is Keflex (if you are not allergic) for which you will be given a prescription for twelve (12) capsules. You will begin taking the medication approximately two (2) hours **PRIOR** to the procedure. You will continue the medication every six (6) hours after the procedure, until they are finished. This is to reduce the chance of infection. The second prescription is for pain medication. This medication is taken **AFTER** the procedure for discomfort or mild pain. You may take one (1) or two (2) pills every six hours, if needed.
11. Please note that many patients do not require much pain medication, as the discomfort is usually easily alleviated with ice packs to the incision site. Ice packs can be applied continuously for 6-8 hours upon arrival home.
12. The evening after the procedure, please stay at home, elevate your feet, relax, use the ice packs on your scrotum for 23 hrs following procedure, take the pain medication if needed (1-2 night of and morning after the procedure), and continue the antibiotic.
13. Expect to see some swelling and bleeding and from the area of the excisions. Use gauze pads to prevent your underwear from getting soiled. Yes, you may also see skin discoloration (a black and blue area).
14. Wear snug cotton briefs or an athletic supporter for the first week after the procedure (this will add comfort and support to the post-operative area)
15. The following day you may still have mild discomfort, but you may begin to resume your daily activities; you will not harm yourself.
16. You may resume all activities including strenuous exercise after 72 hours.
17. You may take a shower that evening, but not a bath.

You may resume **PROTECTED** sexual activity in 3-4 days, and continue with protected sexual activity for at least two months. A semen analysis should be brought to a local laboratory 2 months after the procedure (prescription will be provided after procedure), and if there are no sperm present in the specimen, unprotected sexual activity can begin.

You must call our office at (516) 627-6188 and speak to your physician's secretary to obtain your semen analysis results.