

Patient Instructions Vasectomy Procedure

Prior to Vasectomy:

- Watch "Vasectomy Patient Instruction Video" at www.patfulghammd.com on the vasectomy page
- Stop all aspirin and NSAID medications, vitamins and supplements 10 days prior
- Shave the scrotum the evening prior or morning of procedure
- Arrange for someone to drive you home after the procedure.

Stop Aspirin, NSAIDS, Vitamins and Supplements

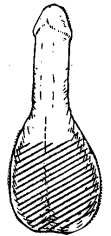
In order to reduce the risk of excessive bleeding do not take aspirin or non-steroidal anti-inflammatories (NSAIDS) for 10 days prior to the vasectomy procedure. Also, discontinue vitamins and supplements. During this time period you may use Tylenol or acetaminophen if needed for pain or fever. Some over-the-counter medicines contain aspirin or anti-inflammatories, so read the labels. They may be listed as ibuprofen, acetylsalicylic acid, and non-steroidal anti-inflammatories. Examples of anti-inflammatories are Motrin, Bufferin, Advil. If you are on a blood thinner medication such as Warfarin, Coumadin, Persantine or Plavix please contact your primary care doctor before discontinuing the medication and discuss with him when should you should discontinue the medication and restart it following the procedure. Improper discontinuation of these medications could be hazardous.

Shaving Instructions

The night before or morning prior to the procedure shave both testicles and approximately one inch around the base of penis. Shave the shaded area noted in the images to the left.

Tips for shaving the scrotal area:

- Do not use an electric razor
- Pre-cut long hair with scissors
- Using a fresh single-blade disposable razor dry shave (no cream) the area, putting the skin on stretch (shave the area that is shaded on the diagram)
- Shave the area while sitting on toilet, letting cut hair / razor trimmings fall into the bowl.
- The surgical site must be bald. This decreases the risk of infection.



Semen Samples:

- You will need to bring two semen samples to the office to be evaluated for the presence of sperm at 8 weeks and again at 10 weeks post vasectomy.
- You must use birth control until two consecutive semen samples are negative for sperm.
- Call the office to confirm the results of the sperm samples before having unprotected intercourse.

After the Procedure

- Arrange for someone to drive you home after the procedure.
- Bring briefs or jock strap to wear after your surgery.
- Go straight home and get off your feet. Apply an ice pack on scrotum over briefs or jock-strap until bedtime.
- Perform no lifting or strenuous exercise for one week.
- Finish taking all the antibiotics prescribed by your physician.
- Refrain from sexual activity for a week to ten days. When you do resume you will need to continue using whatever method of birth control you have been using until you get two consecutively negative sperm samples.
- You may shower or sponge bath starting the day after surgery. Do not take a tub bath, hot tub, or swim in a lake or ocean for 1 week following surgery.
- You may return to work the next day if you have a sitting type job, otherwise do not return to work until the third day after the procedure.
- You may resume vitamins, supplements, NSAIDS, aspirin, etc. 4 days after the procedure provided there is no ongoing bruising or progressive enlargement of the scrotum.
- Some men will experience tenderness or pain in the testicles for up to 3 to 6 weeks. **If you experience progressive physical enlargement of the scrotum you should notify Dr. Fulgham's office immediately.**