



Premier Vasectomy
Dr. Stephanie Purnell

Instructions Before Vasectomy

1. Please watch the **consultation video** ahead of time so that you **know what to expect** the day of your procedure.
2. Please **shave** the underside of the penis and the front wall of the scrotum, preferably before the day of the procedure. Alcohol is used to clean the skin before providing local anesthesia and it can sting slightly right after a fresh shave if the skin is chafed.
3. Take a **shower or bath** on the morning of your vasectomy.
4. Use **no powder or deodorant** in the genital area on the day of your procedure.
5. Wear **tight underwear** on the day of the vasectomy.
6. Be prepared to sign an operative **consent** sheet upon your arrival.
7. If possible, arrange to have someone drive you home. If you must drive yourself, a flat tire or fender bender could lead to complications. Plan to do nothing but **recline at home** (sofa or bed) on the afternoon and evening of the vasectomy.
8. **Do not take any aspirin-containing medication** for five days **before the procedure**.
9. **Eat** before your procedure, a normal breakfast or lunch. Nervous men who do not eat beforehand are more likely to become lightheaded during or after vasectomy.