

# Urology Associates of Rochester

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Dear Pat FName :

**Your Vasectomy is scheduled at:**

on

**The hospital/surgical center will notify you of your arrival time for your procedure.** Your pre-surgical testing is scheduled at your/the .

Vasectomy is a simple, safe and effective surgical procedure that makes a male sterile (unable to father a child). A vasectomy should be considered irreversible, and it is a serious step to take. You and your partner should discuss this permanent decision.

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

## **THE MORNING OF THE SURGERY:**

1. Please shave your scrotal area, including the base of the penis, using a safety razor (which may be purchased at your local drug store).
2. Make sure you bring the scrotal support or athletic supporter to the hospital the day of your surgery.

## **INSTRUCTIONS: POST VASECTOMY**

- DIET:**
1. It is okay to eat or drink whatever you want.
  2. We encourage you to increase your fluid intake.
- ACTIVITY:**
1. It is okay to shower and bathe.
  2. It is okay to climb stairs when discharged from the hospital.
  3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
  4. Avoid any heavy lifting or strenuous exercise for 4 weeks
- MEDICATIONS:** Please refer to the surgery medication list provided. You may also take Tylenol based products for pain control, but **DO NOT TAKE ASPIRIN.**
- INCISION SITE:** Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.
1. Apply ice to the surgical area the day of surgery. (W gauze or cloth. Do not apply it directly to the skin).
  2. Wear the scrotal support for one week. You will experience some discomfort, redness, swelling and bruising - this is all normal.
- SEXUAL ACTIVITY:** Use birth control until you have 2 negative semen analyses (the office will notify you).
- FOLLOW-UP:** It will not be necessary for you to come to the office for a follow-up visit. However, you must have 2 semen samples checked.
- SEMEN SAMPLES:**
1. Approximately 4 - 6 weeks after surgery, you will be required to take a semen sample into a lab in a sterile container that was provided to you on the day of your surgery. Or use the kit you purchased in the office.
  2. Your second sample will be due 2 - 3 weeks after your first one and you will need to follow the same procedures as outlined above.
  3. Only when 2 negative semen samples in a row are negative will you be given permission to begin unprotected intercourse.
  4. It may be necessary for you to bring in more than two samples, if these are not found to be negative.

**If you notice the following, please call the office at (585)232-2980:**

1. **Increased discomfort or redness.**
2. **Bruising and swelling that persists for more than one week.**
3. **Purulent (puss-like) drainage from the incision.**
4. **Bleeding that does not stop by applying direct pressure for 5 minutes.**