

PRE VASECTOMY CHECKLIST



If you have received this sheet, you will soon complete the following:

- Complete vasectomy counseling and physical screening exam
- Set a date for your vasectomy.

If you have chosen to be pre-medicated for this procedure:

- Go to the pharmacy to pick up your medication. Do not wait until the day of surgery!

On the day of surgery:

- Ensure the front of your scrotum is clean (**washed and shaved**).
- Take your medication 30 minutes prior to the surgery
- Check into the clinic 15 minutes before your appointment.
- Ensure transportation to and from the clinic. You should not drive, especially while medicated.
- Bring an athletic support or briefs to wear after the surgery.

After the procedure:

- Follow "Post Vasectomy Instructions"

POST VASECTOMY INSTRUCTIONS



MEDICATION

1. **PERCOCET** – You may or may not be prescribed this narcotic. Take this immediately after the procedure for pain. When taking this, you should not be a primary caregiver or drive.
2. **MOTRIN** – Take with food to prevent stomach upset.
3. **ICE** – Twenty minutes out of every 1-2 hours. More ice equals less swelling (and less pain). Frozen veggies (peas, corn, or mixed) work very well! Keep the ice in your lap as much as possible for the next 2-3 days. Avoid direct skin contact – use a towel as a barrier.

ACTIVITY

1. On the couch, in a lazy boy, or lying in bed (with your ice pack or frozen veggies on your lap) all day today, all day tomorrow, and as much of the next day as you can stand. Stand only to get to the bathroom, the dinner table, and your bed. Less standing = less swelling = less pain.
2. No lifting, vacuuming, mowing, intercourse, or flag football for the next 3 days. Don't lift your children. Avoid long walks or prolonged standing. Take it easy; you just had surgery.
3. Light activity for two weeks from today. Do not be surprised if, after your first day back to normal activity, you have some soreness and swelling. Ice and Motrin make the perfect remedy ... so does less activity.
4. Showering – you can shower tomorrow. Let the water hit your chest and run down your body. You have healing incisions on your scrotum. No direct shower spray, no hot tubs, and no swimming until the incisions heal (5-7 days). After showering, gently pat dry.
5. Wear a jock strap or briefs for two weeks to provide scrotal support to minimize swelling and discomfort.
6. Intercourse/Masturbation – Three to seven days of abstinence is recommended. Resume these acts once feeling comfortable. Any soreness and/or swelling afterwards will respond well to an ice pack. Do not be surprised if there is a little blood/pink tinge in your ejaculate for the first several times. Continue to use protection (condom, birth control pill, etc). You are still fertile until a test proves you're not.

FOLLOW-UP

1. There is no reason for a routine follow up if your swelling and pain are controlled.
2. **INFECTION** – If you notice the incision site is draining green, foul-smelling discharge, the area is red and/or inflamed, there is streaking, or you have a fever, come to clinic or go to the Emergency Room. You may need antibiotics.
3. **HEMATOMA** – If your scrotum is swollen and dark red/purple and painful, please go to the ER.
4. If you have sutures, they are dissolvable. The inside dissolves, not the outside. The outside may get green and goopy, but it is not infected. The suture will fall off on its own. Avoid picking. If it has not fallen off in 10 days, come in. We'll remove it. If your wound is left open, clear to pink discharge is expected and normal. Keep area clean and dry.
5. **SEMEN ANALYSIS** – To ensure the procedure was a success, we need to test your semen for sperm. Come to the lab to give a sample after 25-30 ejaculations. Your physician will contact you with the results. Until you are phoned with negative results, assume you are capable of making a baby!
6. **CONTRACEPTION SHOULD BE USED UNTIL YOUR SEMEN SAMPLE IS CLEAR OF SPERM. YOU ARE NOT STERILE UNTIL IT HAS BEEN DOCUMENTED!**

IMPORTANT PHONE NUMBERS

1. Oregon Family Health (503) 623-1200
2. West Valley Hospital Emergency Department (503) 623-3771