

VasectomyCenter – Seattle * Eastside *

Edmonds

Specializing in No-Needle No-Scalpel Vasectomy

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PRE-OPERATIVE INSTRUCTIONS FOR VASECTOMY

Please read the consent form carefully before signing. It should then be signed by you and your wife and brought to us before the vasectomy can be performed.

NO ASPIRIN SHOULD BE TAKEN FOR 10 DAYS PRE-PROCEDURE

PLEASE REMEMBER:

1. Morning of the vasectomy: SHAVE ALL HAIR FROM THE UPPER SCROTUM. Begin at the base of the shaft and carry the shave downward. The area shaved should measure approximately 2-3 inches in diameter. Take a hot soapy shower and scrub the entire area. **Do not shave the scrotum the night before.** Lather the scrotum with soap and water and shave with a disposable blade razor. A mild anti-bacterial soap is preferred. DO NOT USE AN ELECTRIC RAZOR OR DEPILATORY HAIR CREAMS.
2. After shaving the area, shower or bathe to remove all loose hairs. If needed, wash the area again with anti-bacterial soap just before coming in for your vasectomy.
3. Bring a scrotal support (jock strap or suspensory, or tight jockey shorts) with you to the clinic.
4. Wear comfortable trousers or warm-ups – easy to put on.
5. If possible, bring someone who can drive you home.
6. Refrain from eating or drinking for two hours before your vasectomy.
7. Have a supply of Zip Loc or similar to hold ice or frozen peas. (Note: commercial freezing packs such as ‘Blue Ice’ are not safe to use on skin)

