

# **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 or aspirin containing products for 7-10 days prior to your vasectomy. No anti-inflammatory products for 7 days prior to your vasectomy including ibuprofen (Advil), and naproxen (Aleve). You may take acetaminophen (Tylenol) at anytime.**

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 about 2-3 inches in diameter. Take a hot soapy shower and scrub the scrotal area. **Do not shave the scrotum the night before** You may lather the scrotum with soap and water and shave with a disposable razor. A mild anti-bacterial soap is preferred.
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)

