

BEFORE VASECTOMY INSTRUCTIONS

1. Understand the alternatives to vasectomy so that you are confident in your choice.
2. Understand the "After Vasectomy Instruction" below so that you **know what to expect**.
3. Please **shave** the underside of the penis and the front wall of the scrotum, preferably before the day of the procedure. A bit of alcohol is used to clean the skin before use of the MadaJet® and it can sting slightly right after a fresh shave if the skin is chafed.
4. Use **no powder or deodorant** in the genital area on the day of your procedure.
5. No need to bring an **athletic supporter**. One will be provided.
6. Be prepared to sign the operative **consent** sheet (part of the PDF file in the paragraph above) upon your arrival in the office.
7. If possible, **arrange to have someone drive you home**. A flat tire or fender bender could lead to complications, and some men who leave the office feeling great will experience **delayed lightheadedness**. If you must drive yourself, **drive in the right-hand lane** so that you can pull over if you begin to feel lightheaded.
8. Plan to do nothing but **recline at home** (sofa or bed) on the afternoon and evening of the vasectomy.
9. **Do not take any aspirin**-containing medication for 5 days **before the procedure!**
10. If your insurance company or HMO requires **authorization**, be sure to bring it or call our office (406-981-0864) a day or two before your vasectomy to see whether we have received it. If your procedure is covered through a county health department under Title 10 (see below) and scheduled at a facility outside the health department, call us to be sure we have received the paperwork.
11. To save time on your procedure day, please watch the [Online Counseling Video](#) and complete our Online Registration Form.
12. If you are taking **TESTOSTERONE** for "low T" please list it as one of your medications when you do the Online Registration and read the info [HERE](#).
13. **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 their vasectomies.
14. Prior to the procedure, **payment** of \$1000 is required of those paying cash, a \$100 deposit when filling out the online registration and \$900 immediately before the procedure. At the time of service, a co-payment and/or contracted fee will be required of insured men who have not met their deductibles. After we hear from your insurance carrier, we will refund your deposit less your co-payment, and we will issue a refund if your insurance pays after you did.

AFTER VASECTOMY INSTRUCTIONS

1. Spend a quiet evening at home, reclining in bed or on the sofa. **Minimize activity**. Some men have no pain at all after vasectomy. Many have mild discomfort that does not require pain pills. Sometimes the discomfort is in the groins or abdomen. That's because the testes originate in the abdomen in embryonic life and drag their nerve supply with them as they migrate into the scrotum. So any issue in the scrotal contents can be perceived as an abdominal process.
2. **Avoid aspirin for 2 days after the vasectomy**. You may take acetaminophen (Tylenol or generic) if you have any discomfort. Ibuprofen (Motrin, Nuprin, Advil or generic) and naproxen (Aleve) are both pain medications and anti-inflammatory drugs. For the first few days after a procedure, inflammation may be a normal component of the healing process, and I prefer not to stifle it, so Tylenol is preferred. Pain beyond 3 days, especially if accompanied by some swelling of the vasectomy sites above the testes, may signify excessive inflammation and then ibuprofen and naproxen are good choices. Some men will have more discomfort or tenderness 3-5 days after the vasectomy than they do for the first few days after their vasectomies. That's because the body

goes through a series of steps in responding to the new arrangement, and sometimes the later steps are more noticeable than the earlier steps. Usually no reason for concern.

3. **No need for ice packs**, unless you really enjoy having ice on your scrotum.
4. You may remove the scrotal support and take a daily shower starting the morning after the procedure. Replace the scrotal support and wear it whenever you are up and around for the next 2 days, during sports for the next 7 days.
5. On the day after the procedure, you may walk and drive as much as you like, but **no sports, yard work, swimming, or heavy lifting**. If your job is sedentary (office work or supervisor), you may return to work.
6. Two days after the procedure, you may return to more strenuous work and regular activities wearing your scrotal support. When pain is gone and tenderness is minimal, you may return to the gym or to running, but on the first day back, do half of your usual workout: half the weight, half the reps, half the speed, half the distance, etc. If pain does not return, you may do your regular workout the next day. You may also swim in fresh or salt water two days after the vasectomy.
7. **When you no longer have any pain or tenderness**, you may ejaculate. I have always recommended **wait at least 2 days for sex**, but the American Urological Association Vasectomy Guidelines recommend that men wait a week. It is unclear whether sooner ejaculation prolongs discomfort. **Blood in the semen** within the first month or two after the vasectomy occurs in some men, but it is **no reason for concern**.
8. **No follow-up visit is required**. You will be given the vasectomist, Steven Gard's cell phone numbers and if you have undue discomfort or any concerns, you should call one of them anytime after your vasectomy.
9. It is normal to have some **discoloration of the skin** (black and blue) around the puncture site a day or two after the vasectomy. Some men will develop considerable discoloration of the scrotum about **4 days after the vasectomy**. Blood from the deep vasectomy site comes to the surface as a purplish-blue mark, gets darker and spreads out like an oil slick, then gradually dissipates.
10. Some men (about one in 20) will develop **swelling and discomfort** on one side, sometimes on both sides, starting anytime from 3 days to 3 months following vasectomy. This usually represents an exaggerated form of the normal **inflammatory response** necessary for sperm resorption and recycling. It is effectively managed with a 5-7 day course of ibuprofen 600 mg 3 times per day.
11. **Twelve weeks** after your vasectomy, **have your semen** tested to be sure that it no longer contains sperm and that it is thereby safe to stop other forms of contraception: If your vasectomy is performed at the home office in Miles City, testing is done in one of two ways:
 - A. **If you live or work close to the Miles City office**, we will provide you with a container and ask you to bring a semen sample to the office 12 weeks and 20 ejaculations after your vasectomy. (Number of ejaculations and time are both important, so a semen sample brought in before 12 weeks is less likely to be free of sperm). The sample should be produced on the same day of examination, but can be 3 or 4 hours old. Please call (406)-981-0864, before you bring the sample and we will tell you within 5 minutes if you are sperm-free. If sperm are seen, you will be asked to continue other means of birth control and to return with a second specimen in 2-3 weeks. After twelve weeks and 20 ejaculations (both), 98% of men will have no sperm in their semen. Two percent will have to repeat the test at least once.
 - B. **If you live and work far from the Miles City office**, we will provide you with a mailer so you can send us a semen sample by mail, at least twelve weeks and 20 ejaculations after your vasectomy. The container provided contains a bit of antibiotic so that the sample does not become overgrown with bacteria. Call us for the results at (406)-981-0864 five days after you mail the specimen. **If you send in your specimen before 12 weeks or if you lose the mailer** provided at the time of the procedure, we will send to you another mailer for a **fee of \$10** payable by credit card over the phone.