



Vasectomy

A vasectomy, or “vas” (*pronounced vāhz*), is a minor surgical operation with the aim of male sterilization by disconnecting the spermatic cords (vas deferens) that conduct sperm from the testes to the penis. Although general anesthesia is not required, a local anesthetic will be injected into the scrotal area.

Things to consider:

- 1. Generally, a vasectomy is an irreversible procedure. Although a reversal procedure exists, a patient considering a vasectomy should accept in advance that his sterilization is permanent.**
- 2. A small percentage of men will have reunion of the two cut ends of the vas deferens. A positive sperm sample would confirm this. Thus, two sperm samples are collected and assessed in the 1st and 2nd months post-op. A third sample may be taken twelve months post-op.**
- 3. Tell your physician what medications or substances give you allergies, such as, latex, anesthesia, morphine, codeine, penicillin, and seafood.**
- 4. Generally, patients taking “blood thinners,” such as Coumadin (Warfarin) and aspirin, should discontinue their blood thinner a week before any medical procedure. Patients taking Plavix (Clopidogrel), however, will need to stop 10 days prior to surgery.**

One Week Before Surgery:

Stop any aspirin use and do not take any over-the-counter pain relievers or non-steroidal anti-inflammatory drugs. This includes Advil (ibuprofen), Aleve, Motrin, etc. The only over-the-counter pain reliever that is alright to take is Tylenol (acetaminophen), and this can be taken until the day before surgery. You should also stop blood thinners, such as Coumadin. Your doctor will advise you when it is appropriate to restart.

The Day of Surgery:

Have a light breakfast. Wash and shave your scrotum. Bring tight-fitting underwear, or a jock strap, and an ice pack. (A bag of frozen peas is also acceptable). You may want to arrange in advance who will drive you home. If you are unable to keep your appointment, please contact us at 706-324-7700 or you will be charged \$55 for surgical setup fees.

After Surgery:

The following are common after a vasectomy:

- Soreness, bruising, and redness of scrotal tissue
- Oozing of blood or serous fluid at site of incision
- Swelling

General Instructions:

- 1.** Allow plenty of rest for 48 to 72 hours post-op. Specifically, keep legs elevated at level or slightly higher than pelvis, and avoid strenuous activity for 2 weeks.
- 2.** Do not pick up anything heavier than a bag of potato chips in the 48 to 72 hours post-op.
- 3.** You may shower, but do not sit in a tub.
- 4.** You may resume sexual activity when ready. Usually, this is 4 to 5 days post-op; however:
- 5.** Use contraceptive protection until the doctor tells you that you are sterile.

Please notify your doctor if the following occur:

1. Heavy bleeding
2. High fever (generally above 102°F)
3. Severe nausea or vomiting
4. Painful, dark scrotal discoloration with enlargement of testes twice their normal size
5. Leg pain or leg swelling
6. Inability to urinate within a 6 hour period

One Month After Surgery

You will need to produce two samples of your ejaculate that are sperm-free before your doctor can verify that you are sterile. Bring your first sample one month post-op and your second sample two months post-op.

Discharge Medication:

Pain medication – Take this medication to relieve post-op pain as needed.