



Preparation for Vasectomy

1. Wash scrotum well with Betadine or other antiseptic soap at least 1-2 days before the scheduled surgery date.
2. Please trim or shave hair from the scrotum. This means from the penis onto the sac in its entirety. You do not need to shave all the pubic hair above the penis. You should do this the night before the vasectomy.
3. Bring a scrotal athletic supporter (jock strap or suspensory), or tight jockey shorts. No boxers.
4. No Aspirin or any product containing aspirin for 1 week in advance of surgery.
5. Eat a light snack instead of a full meal before your surgery. Skipping a meal altogether is not advised, as you may be more likely to get light headed.
6. If possible, bring someone who can drive you home, especially if you tend to get light headed or think that you might need sedation.
7. Have an ice pack or bag of frozen peas, etc. waiting for you at home, to place on top of the scrotal dressing for the first 24 to 48 hours.