



VASECTOMY PROCEDURE INSTRUCTIONS AND FAQs

You are scheduled for a Vasectomy in our office. We understand that the idea of having a Vasectomy may feel overwhelming. At Trinity, we do our best to make the process as easy as possible. Below is information about your upcoming procedure to help you understand what to expect. Please take the time to read through the information entirely.

You will need to arrange for a responsible adult to take you home following your procedure. You cannot drive or walk home and will not be released to a taxi or public transportation. We advise that you not go back to work until the following day or make any major decisions as you will have been sedated and the effects of that sedation can linger.

If you have any questions after reading the instructions or need to reschedule, please contact our office at 865-539-0270.

Date of Appointment: _____ Arrival Time: _____ Procedure: _____

CANCELLING OR RESCHEDULING

Please make every effort to keep your appointment. You may cancel or reschedule if absolutely necessary, however, we ask that you give ONE WEEK notice. This allows us to offer the appointment to another patient. Due to the nature of the preparation of the procedure, it can be challenging to fill appointments on short notice.

Unless there is a clear emergency or illness, there will be a **\$100 cancellation fee** for appointments cancelled with less than five business days. No shows are also subject to the \$100 fee. Failure to follow prep instructions will not be a valid plea.

INSURANCE COVERAGE

If you have had a change in your insurance plan or coverage prior to your scheduled procedure, please contact us as soon as possible. We will need 3-4 business day to verify your procedure under your new plan.



PREPARING FOR YOUR VASECTOMY

ONE WEEK PRIOR TO VASECTOMY:

- Stop taking all aspirin, ibuprofen, and Aleve-containing products. Aspirin products and all other non-steroidal anti-inflammatory products (NSAIDS), such as those listed, “thin your blood” and will make you more susceptible to have bleeding and bruising afterwards.
- Purchase an athletic supporter such as a jock strap. Any type of athletic supporter will work, but we recommend purchasing one that will have a front pocket designed to hold a hard sports cup. You will not need the cup; however, the pocket is ideal for holding a small cold pack. One brand we recommend is the Shock Doctor Core supporter. You can find this at Dicks Sporting Goods for around \$20. **You MUST bring this with you to the procedure.**
- Obtain or make several flexible cold packs. **You MUST bring one cold pack with you at the time of your procedure.** There are gel-type cold packs available commercially. If you are unable to find these, you may purchase un-popped popcorn kernels and freeze them in snack-size zip lock bags. The kernels will hold the cold and will also remain flexible with repeated thawing and freezing. Additionally, the snack size bags are an ideal size for the pocket of the athletic supporter.
- Clear your calendar for the 48 hours following the procedure. If possible, make childcare arrangements so children will be elsewhere during the immediate recovery period. This is merely a suggestion as it is helpful to remain in a lying down position as much as possible 48 hours post procedure. Do not plan for working in a seated position, attend events, or travel, etc.

THE DAY BEFORE THE VASECTOMY

- Shower the evening before the procedure.

THE DAY OF THE VASECTOMY

- Shower again. You do not need to shave any hair for procedure.
- Do not eat or drink 6-8 hours prior to the procedure.
- Wear comfortable clothing. Shorts or sweatpants are preferred. Please wear a short-sleeved shirt and slip-on type shoes. You will remain clothed from the waist up.

If you have any questions concerning the instructions above, please contact our office at 865-539-0270.



AFTER YOUR VASECTOMY

- Keep the wound clean and dry. You will have a small incision, less than $\frac{1}{4}$ long on your scrotum, just below the penis. There will be a small amount of weeping the first couple of days. We will give you Polysporin, an antibiotic ointment, and gauze pads. You will apply a small amount of the antibiotic ointment to the wound and cover with the gauze pads. Change the gauze pads as often as necessary. Bleeding will be minimal.
- Apply cold packs to the scrotum off and on for the first 24-48 hours. Insert a cold pack into the pouch of the athletic supporter for 20 minutes at a time, 40 minutes no cold pack. You do not have to do this while sleeping at night. There will be less swelling and discomfort if you keep cold around the area for the first 24 hours.
- Spend as much time lying down as possible for the first two days following the procedure. The more time spent upright whether sitting or standing, the more swelling and related discomfort you will have.
- Wear an athletic supporter. Wear the supporter for a week or longer if it feels more comfortable to you. The added support to the area will decrease the swelling and discomfort.
- Avoid strenuous activities for 5-7 days following the procedure. Talk to the physician about returning to work if you have a job that requires manual labor or heavy lifting. Most patients return to work 2 days after the procedure, however, if your occupation requires lifting or straining, the physician may give you a written excuse for limited lifting for a specified length of time.
- Do not sit in a bathtub or go swimming (pool, lake, or ocean) until the wound is completely healed. Doing this would increase your risk of infection and delay the healing process.
- You may shower 24 hours after the procedure. Pat the wound dry and reapply the antibiotic ointment, gauze, and athletic supporter.
- Do not ejaculate for one week after your procedure. After one week you may resume sexual activity as tolerated, **BUT YOU MUST USE AN ALTERNATIVE FORM OF BIRTH CONTROL.**
- Do not rely on the vasectomy as birth control until you are given clearance by your health care provider. Three months after your procedure, you will need to take a semen sample to Parkwest Medical Center for analysis. You must use an alternative form of birth control until you receive notice from our office of a ZERO sperm count.

If you have any questions or concerns, please contact our office at 865-579-0270. We will be glad to answer any questions or address any concerns or complications you may have.



FREQUENTLY ASKED QUESTIONS

1. INTERCOURSE: No ejaculation for one week following the vasectomy. This increases the success rate of the procedure. Except for soreness, there is no reason to delay longer than one week before resuming normal relations. There is no loss or change in normal sensation of intercourse after the vasectomy. Sex drive will continue as before surgery. Some individuals claim that their sex life improves greatly due to the elimination of the fear of pregnancy. **USE BIRTH CONTROL UNTIL WE CONFIRM THAT YOU ARE STERILE.**
2. SHOWER OR BATH? You may take a shower 24 hours after your vasectomy. We recommend you do not sit in a bathtub, pool, lake, etc. until the incision is completely healed.
3. HOW LONG BEFORE I AM COMPLETELY STERILE? The vasectomy stops the flow of sperm to the seminal vesicles. However, one must deplete the stored sperm. **YOU SHOULD CONSIDER YOURSELF FERTILE UNTIL YOUR SEMEN IS CHECKED MICROSCOPICALLY THREE MONTHS AFTER SURGERY TO DETERMINE THE ABSENCE OF SPERM.**
4. WHEN AND HOW DO I BRING THE SEMEN SPECIMEN? Three months after the procedure, take a specimen in a clean container provided to you by our office to the Parkwest Medical Center Outpatient Lab within 2 hours of collection. Do not use a condom as many contain materials that will kill sperm. Please review the provided Semen Analysis Collection instructions provided to you at the time of your procedure. It will be in the brown bag with the collection cup and the necessary prescription that **MUST** be provided to the laboratory when the sample is delivered. We will call you with the results.
5. WORK? Most men return to work within 2-3 days if their job does not require manual labor. If your job does require manual labor, we suggest waiting 5-7 days before returning to these activities.
6. SPORTS? As with manual labor, strenuous athletics should be avoided 5-7 days after the vasectomy.
7. STITCHES? Typically there will not be any stitches that require removal. You will be informed if there are stitches to be removed.
8. ANTIBIOTICS AND HEALING? Antibiotics are not given routinely following a vasectomy. If the area is not dry and healed within 2 weeks, **CONTACT YOUR PHYSICIAN.**

9. WILL I PRODUCE AS MUCH SEMEN? Since the sperm make up a very small portion of the total bulk of the semen, you will notice little, if any difference in the amount of semen produced.
10. WHAT HAPPENS TO THE SPERM AFTER THE VASECTOMY? Sperm reproduction continues, but at a slower rate than before the vasectomy. Production of fully mature sperm comes to a virtual standstill. A few mature sperm are produced and disintegrate in the tubules of the testicle.
11. WHAT ABOUT MY MALE HORMONE (TESTOSTERONE)?: Male hormone production continues undisturbed by the vasectomy. The production of sperm and the production of hormones are two entirely different mechanisms.
12. WILL I BE IMPOTENT?: There is no physical reason for impotence to follow a vasectomy. If the physician gives a good explanation of the simplicity of the procedure and the patient understands the same, impotence should not occur as a result of the vasectomy.
13. DOES THE VAS DEFERENS EVER “RECONNECT” BY ITSELF?: For varying reasons – type of suture, infections, type of operation or otherwise – occasionally a man will redevelop sperm in his semen at some time after the vasectomy. This is why the operation is advertised as 99.9% successful, and that we insist a semen specimen be examined in three months after the final clearance is given. Even with the finest physician, the vas deferens will occasionally recanalize, however, this is very rare. If you are checked after your vasectomy and told you are sterile, the possibility of spontaneous reconnection is remote.