

## **VASECTOMY INSTRUCTIONS: PREOPERATIVE**

### **Before your vasectomy day:**

- Make sure that you have ibuprofen/Advil available at home so you can take it to reduce pain and swelling after your procedure
- Prepare something to use to ice your scrotum after the procedure. Most patients use a bag of frozen vegetables or a freezer pack.
- Shave the hair on the front of your scrotum on the day before, or day of your vasectomy
- Plan who will drive you to and from your vasectomy. It is NOT recommended that you drive yourself.

### **On vasectomy day:**

- Bathe or shower the morning of your vasectomy
- Shave the scrotal hair on the front of your scrotum, if you have not already done so
- Wear snug-fitting underwear to help provide scrotal support
- If you requested medication to help you relax during your procedure, take that medication 90 minutes before your appointment
- Make sure you eat breakfast on the day of your procedure
- If you feel it would be helpful, feel free to bring headphones and something to listen to during the procedure
- Ensure that someone is accompanying you to your appointment, and will be able to drive you home afterward