



Prior to your Vasectomy

- Prior to coming to your doctor for the vasectomy take a shower cleansing the genital area with soap.
- DO NOT SHAVE THE AREA.
- Please bring along a pair of regular briefs or boxer briefs.
- DO NOT take any Aspirin or Ibuprofen based products 1 WEEK prior and post Vasectomy. Tylenol is acceptable.

After the Vasectomy

- After the procedure a light bandage will be applied. It is important that you remain off your feet as much as possible for 24 to 48 hours. This reduces the chance of having swelling and bruising. The anesthetic will wear off in about 3 hours.
- Someone else should drive you home.
- **An after hours emergency Doctor is available by calling our office at 780-459-7769 and choosing extension 8**
- Possible side effects including bruising, infection, granuloma tissue formation and the intended outcome of sterility that may not be reversible.
- Advised to avoid use of oral ASA or NSAIDs for 7 days prior to and post surgery, these may increase bleeding and bruising.
- You may shower at your leisure.
- Sexual activity may be resumed in 3 to 4 days (At this time you are not yet sterile and may cause a pregnancy).
- Your doctor will ask you to bring a semen specimen to the lab approximately 3 months after your vasectomy and again at 6 months. Once we get the results of the specimen, we will call you to let you know what they were.
- **THIS MUST BE CHECKED TO ASSURE THE PROCEDURE HAS WORKED AND YOU ARE STERILE.**