

## **Philadelphia Urology Associates**

Bruce B. Sloane, MD, FACS

### **Pre-Vasectomy Instructions**

- **CALL YOUR INSURANCE COMPANY AND MAKE SURE THAT YOU HAVE COVERAGE IN YOUR POLICY FOR A VASECTOMY (CPT CODE: 55250).**
  - **IF YOUR CLAIM IS DENIED, YOU ARE RESPONSIBLE FOR PAYMENT.**
- **If you are interested in sperm banking, please notify us prior to your procedure.**
- **Start Curcusorb 1 week prior to your vasectomy and continue for 6 weeks after your procedure to reduce post-vasectomy pain.**
- **Do not take any blood thinners 10 days prior to your procedure.**
  - **This Includes:**
    - **Aspirin**
    - **Baby Aspirin**
    - **Coumadin**
    - **Plavix**
    - **Motrin**
    - **Advil**
    - **Naprosyn**
    - **Indocen**
    - **Aleve**
    - **Ginko Biloba**
    - **Garlic Supplements**
    - **Vitamin E**
- **Shave your genital area (scrotum and testicles) 24 – 48 hours before arriving for your appointment.**
- **Bring an athletic supporter (jock strap) to use after the procedure.**
- **Bring a responsible adult with you to the office to drive you home.**
- **Eat a light lunch before arriving to the office.**

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### **Post Vasectomy Instructions**

- The local anesthetic lasts for about 2 to 6 hours. After it wears off, you may take Tylenol as needed for pain.
- Bed rest overnight.
- Ice packs to scrotum immediately after the vasectomy until bedtime.
- You may shower starting the day after your procedure. No tub baths for 7 days.
- No intercourse or ejaculation for 7 days after your procedure.
- No heavy lifting (more than 10 lbs) or strenuous exercise for 7 days after your procedure.
- There may be swelling and discomfort after your procedure for approximately 1 week. For pain you can take ibuprofen, Aleve or Tylenol. If the pain or swelling is severe, there is a foul-smelling drainage from the incision, or you have any questions or concerns, please contact the office at (215) 563-1199.
- Use contraception until you have ONE semen analyses showing no sperm.
  - You may submit your first semen specimen approximately 10 to 12 weeks, or after having at least 20 ejaculations, after the procedure. You can purchase a Post Vasectomy Semen Analysis Kit from our office, or you can bring the specimen to the office. If you bring your specimen to the office, call first to make sure we are there.