

UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY
Adult and Pediatric Urology

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INSTRUCTIONS BEFORE YOUR VASECTOMY

1. On the night prior to your vasectomy, cut as short as possible all the pubic hair on the base of the penis and scrotum with scissors. Then, using Ivory soap (rather than any commercial shaving preparations), shave at the base of the penis and all of the scrotum (front and back). Pay particular attention to the upper one-half of the scrotum and the base of the penis, as this is the site of the incision(s).
2. The vasectomy will not be done unless the shave is performed properly.
3. Take a thorough shower prior to your surgical appointment. Use only Ivory soap.
4. **BRING A JOCK STRAP** with you on the day of the vasectomy.
5. There are no dietary restrictions either pre- or post-vasectomy. However, no alcohol should be consumed prior to your visit. A light meal is preferred pre-vasectomy if possible.
6. Have someone available to drive you home from the office after your vasectomy if possible.
7. Plan your post-operative vasectomy schedule.
8. Read the AFTER YOUR VASECTOMY INSTRUCTIONS.
9. Avoid heavy lifting, prolonged standing or walking for at least 48 hours after the vasectomy.
10. Further instructions will be given at the time of your vasectomy. Any questions will be answered at that time as well.