

## VASECTOMY

### BEFORE:

- You will need somebody to drive you.
- The procedure lasts 20 - 30 minutes.
- Shave the area, as instructed, the night before.
- The morning of the procedure:
  - You MUST eat breakfast
  - Limit to 1 coffee
- Local anesthesia is used to completely numb the surgical sites.
- Although NO SCAPEL will be used, a small opening in the skin is required on each side.
- The Pro-Nox system is available to help relieve pain and anxiety during the procedure.

### AFTER:

- 1 or 2 dissolvable stitches will be used to close each of the two sites, these stitches are yellow/brown in color and will dissolve on their own in about 1 week.
- Ice the area that afternoon and the following day.
- The incisions/scrotum may become black and blue over the next few days.
- You can shower the day after the procedure. No special bandages are needed.
- No intercourse, exercise/gym, or swimming for 1 week after procedure.
- Your urination, ejaculate volume, or sensation of ejaculation will not change.
- You will return to see Dr. Disick about 1 week after the procedure.
- It is not uncommon to feel a small lump or be tender at the site for 1 – 2 weeks.
- Practice safe sex for the next 3 months.
- You will need to do a Semen Analysis 3 months after the procedure to confirm there is no sperm in the semen.