

**Northeast Georgia Urological Association, P.C.
Northeast Georgia Urological Surgery Center, LLC
660-A & H Lanier Park Drive,
Gainesville, Ga. 30501**

William B. Jones, M.D.

John C. McHugh, M.D.

Ronald L. Brock, M.D.

Board Certified

Phone: (770) 535-0000

Fax: (770) 532-3911

INSTRUCTIONS FOR “NO SCAPEL” VASECTOMY

1. It is very important that you stay off your feet the evening of your surgery and the following day. Most of the early complications of vasectomy can be prevented by staying off your feet. It is helpful to place ice on the scrotum over the incision the first few hours after your procedure.
2. A small percentage of people who have had a vasectomy will develop small knot(s) which is palpable in the scrotal contents. These sometimes can be tender but will usually improve with time. It is nothing to be alarmed about. Occasionally the physician will prescribe for you a short course of anti-inflammatory medicine (Advil) and antibiotic. These palpable knots are the results of an inflammatory reaction which is a normal tissue reaction to the vas being cut.
3. The procedure we perform is “no scalpel” therefore no stitches are used.
4. Do not resume unprotected intercourse until two semen specimens are evaluated by your physician and you are told that there are no sperm. For up to six weeks sperm can still be in the tube beyond where it has been cut and pregnancy can still be achieved.
5. Do not resume unprotected sexual activity one week following your vasectomy.
6. You can take a shower beginning the following night after your procedure. You would not want to excessively scrub the area of the incision.
7. You would want to notify your physician if you have a yellowish discharge from the area of the incision, surrounding redness of the skin or marked swelling. Some discoloring of the skin and tenderness is expected. A small amount of blood at the incision is normal.

8. The majority of patients who have a vasectomy on Friday can return to work on Monday. It is wise to limit your activities and slowly get back to your normal schedule within two days after the vasectomy. A small percentage of people will still be sore after three days and in this event you should continue to limit your activities and even stay off your feet if necessary.
9. Your physician will usually prescribe a prescription for pain tablets follow your procedure and this can be taken as needed.
10. In conclusion; a vasectomy is a safe and cost-effective way for sterilization. It is important to be off your feet follow the procedure. Notify your physician of any problems that may occur. Some swelling and discoloring of the skin is expected as well as some soreness but this usually resolves in a few days. It is important to continue protected intercourse until the physician has examined a semen specimen and has cleared you for unprotected intercourse. You should notify your physician if you have an elevated temperature, yellowish drainage or redness of the skin extending away from your incision.
11. A container will be provided as you leave to collect your semen specimen for examination which you will bring one in **six weeks** and **eight weeks**.
12. The post vasectomy specimen can be returned to the office as long as your doctor is present to read the specimen. **PLEASE CALL OUR OFFICE AT (770) 535-0000 TO VERIFY THAT YOUR DOCTOR IS IN THE OFFICE THAT DAY!!** The Doctor/Nurse will call you back that day to give you the results of the specimen.
13. We hope that your experience during the out-patient vasectomy was pleasant and we welcome your question and comments.

❑ **WILLIAM B. JONES, M.D.**

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