

Vasectomy Procedure



Wisconsin Institute of Urology
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What is a vasectomy?

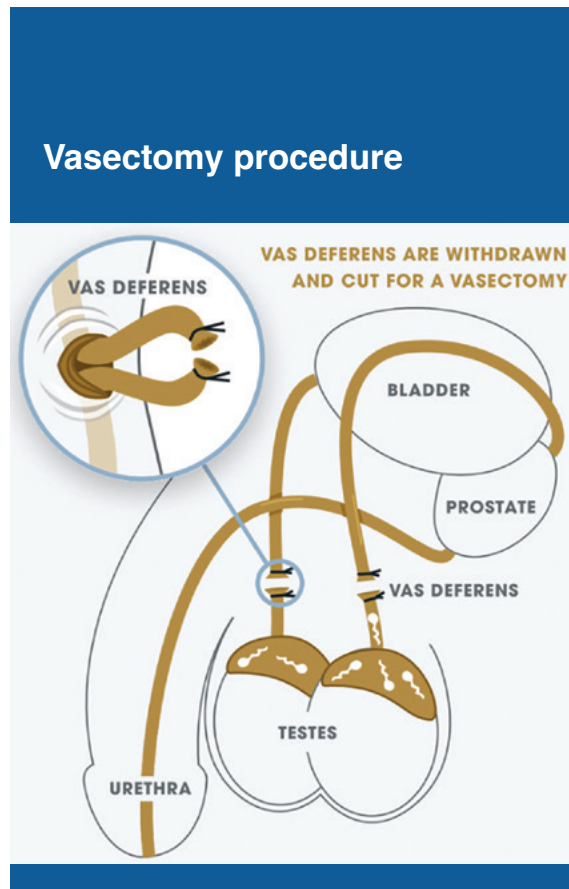
Vasectomy is a minimally invasive procedure to make a man sterile, or unable to have children. Your testes will still produce sperm, but the sperm will die and be absorbed by your body. You will not notice a change in your ejaculate.

Points to consider before vasectomy

While a vasectomy may be reversible, it should be considered a permanent decision. Reversal of a vasectomy is not guaranteed to work and is generally not covered by insurance.

What happens during a vasectomy?

The nurse will verify that pre-procedure shaving has been adequately completed. The procedural site will be cleansed by the nurse with an antiseptic. The doctor will administer local anesthetic into your scrotum. Once the area is numb, the surgeon will make one or two small incisions in the scrotum through which they will work. During your procedure the tubes (vas deferens) that carry sperm from your testes to the penis are cut and sealed off. Thus, preventing pregnancy. You may feel a tugging sensation, but you should not feel any sharp pain. Your incision(s) may be closed with sutures, or your doctor may opt to allow them to close naturally on their own.



What to expect before your procedure

- You must **SHAVE YOUR SCROTAL AREA** prior to your procedure. Do not use an electric razor, Nair, or other hair removal products.
- Arrive at the time indicated on your after-visit summary (AVS)
- If your doctor prescribed Valium for you, you will pick up your medication from the pharmacy prior to your appointment and bring it with you. Nursing staff will have you sign a surgical consent form before taking your Valium. You will need a driver if you are taking valium.
- Bring an athletic supporter (one size larger than your usual size), or supportive compression type underwear, to your appointment. This will provide support for the scrotum after the procedure, as well as holding the dressing in place.

Managing your medications prior to your procedure

Starting 7 days prior to your procedure **STOP** taking the following blood thinning medications/supplements:

- **Aspirin**, also known as **Bufferin, Anacin, Ecotrin, Excedrin**.
- Non-steroidal anti-inflammatory medications used for pain/arthritis. These include **Advil, Motrin, Ibuprofen, Aleve, Nuprin, Naprosyn, Indocin, Naproxen, Feldene, Clinoril, Voltaren, Relafen, and Meloxicam etc.**
 - However, you **may take** Tylenol/acetaminophen for headaches, pain, etc.
- **All vitamins, supplements, and herbal supplements.**
- **Blood thinning medication.** This list is not all-inclusive, **if you are not sure if a medication is a blood thinner, please call.**
 - **Eliquis, Xarelto, Pradaxa and Pletal**, must hold **2 days prior**.
 - **Warfarin, Heparin and Trental**, must hold **5 days prior**.
 - **Plavix**, must hold **7 days prior**.

What to expect after your procedure

- Wear an athletic supporter or compression underwear for the first 5 days following the procedure, including at night. This will help keep the swelling and pain at a minimum.
- Take pain medication as directed. You will be numb from the lidocaine block for about 3 hours. It is best to start taking your pain medication during this time.
- Ice packs wrapped in a cloth or towel should be applied to the scrotum for the first 48 hours. You do not need to do this during sleep. Ice is a good pain reliever and reduces swelling. Frozen peas work well as an ice pack.
 - **If you have gauze (white) dressing:** place an ice pack on the OUTSIDE of your packing for 2 hours on and 1 hour off.
 - **If you have a clear (Tegaderm) dressing:** place an ice pack wrapped in a cloth or towel on for 15 minutes and off for 15 minutes.
- The scrotum may bruise and look "black and blue", and then turn yellow in color. In time this will go away. The testicles may be swollen. One testicle may be more swollen than the other. This is common and not cause for concern. Continue to apply ice as referenced above.
- You may have a small amount of bloody discharge from the incision site for 1 to 2 days.
- You may shower after 24-48 hours.
- No swimming, hot tubs, or tub baths for 2 weeks.
- Your physical activity should be limited for the first 48 hours following the procedure. This will help prevent excessive pain and swelling.
- For at least 7 days following your procedure you should avoid lifting anything greater than 15lbs and no strenuous exercise.
- **You may return to work in 3 days unless your job requires heavy lifting.**
 - Discuss recommended time off with your doctor at the time of your vasectomy if you have an active or strenuous job.
- You may resume sexual activity when you feel comfortable, but no sooner than 1 week. Do not rely on your vasectomy for contraception until you have a negative semen analysis. **ALTERNATIVE BIRTH CONTROL METHODS SHOULD BE USED UNTIL YOUR STERILITY HAS BEEN CONFIRMED.**

Preparing for Your Procedure

Medical History

You will be asked questions regarding your medical history, medications, and any specific needs that you may have for your upcoming appointment during your consult or pre-procedure phone call. Complete responses are part of the planning in providing a safe procedure. All answers are kept confidential. We may ask you the following:

- Are you taking any medications? This includes over-the-counter products, such as aspirin, ibuprofen, vitamins, herbal supplements, or illicit drugs.
- Do you have allergies?
- Have you had any other surgeries?
- Do you have a fever, cold or rash?
- Do you have an Advance Directive?



Planning for Your Procedure

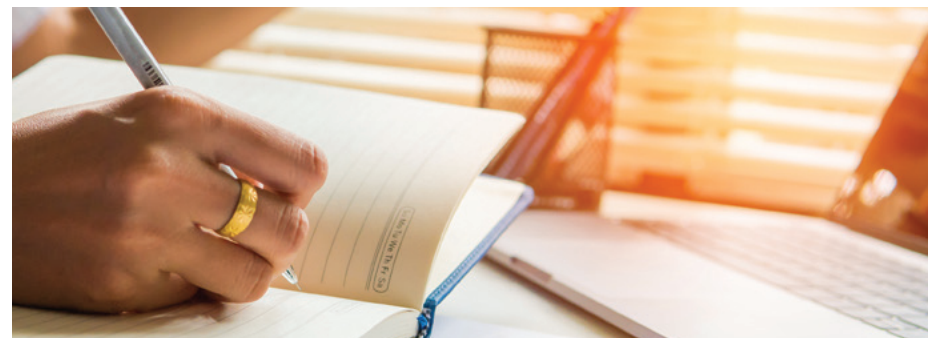
To help your surgery go as planned, take these simple steps ahead of time.

- Ask your family doctor about taking your usual medications for diabetes, blood pressure, heart, breathing problems, and blood thinning (Coumadin, aspirin, Plavix, anti-inflammatory medications, etc.). The dosage may need to be adjusted for your procedure.
- Call your insurance company and notify them of your scheduled procedure. Verify your coverage and check for any pre-certification requirements to avoid penalties or a benefit reduction.
- Call your WIU doctor if you get a fever, cold or rash. Your procedure may need to be postponed.
- It is advised not to bring minors with you to your procedure appointment.
- If your procedure is being completed at the Wisconsin Institute of Surgical Excellence, you will be contacted by the center pre-admission screening department within 2-7 business days prior to your scheduled procedure.

The Day of Your Procedure

Preparing at home

- You may eat and drink as normal. If you are having minimal sedation for your procedure, it is best to eat a light meal two hours prior to your procedure.
- Do not shave the procedural site.
- Wear loose, comfortable clothing.
- Leave all valuables at home.
- Take medications per the instructions provided during your consultation or your pre-admission phone call.



What to bring

Bring the following items with you to the medical center:

- Insurance cards, photo ID/driver license
- A list of your medications, including name, dose and how often you take each medication.
- Money for co-payments, if your required by your insurance provider
- A copy of your Advance Directive, if you have one.
- Walker, crutches, or any personal assistive devices that you may require.



Checking in

Arrive at the medical center a few minutes before your assigned arrival time.

At registration, you will be asked to:

- Verify your contact information.
- Present your photo ID and insurance card.
- Make a co-payment, if required by your insurance provider.
- Sign a release of information and financial policy form. These forms allow the medical center to bill your insurance provider for your procedure.

After registration, you will be escorted to your individual procedure room, where you will be prepared for your procedure. We will complete the following:

- Check your blood pressure, pulse, and temperature.
- If ordered, administer medications. This could include oral pills, muscular injection (shot) or intravenous (IV) medications.
- Have you sign your procedural consent.

If you have brought family or a friend with you to the medical center, they will remain in the lobby while your procedure is completed.

The Procedure Room



The procedure room provides a safe and clean environment to have your procedure.

Your team members will include your doctor, a nurse, and depending upon your location and procedure may include a radiology technologist, and a surgical technologist. This team constantly monitors your progress and well-being throughout your procedure.

Post-Procedure Care

After your procedure, you may be taken to a recovery room, or you may stay in your procedure room. The nurse will monitor your vital signs and assess any nausea or discomfort.

You will be asked to rate your pain on a scale of zero to 10. Using a pain scale can help to communicate your personal level of pain.

Following these medications tips to help control your pain following surgery:

- Take your medications as ordered.
- Tell your nurse or doctor if the pain does not improve.
- Know that medications will reduce, but not take away all your pain.

Going Home

Before you go home, you will be given discharge instructions.

The following topics will be reviewed with you prior to being discharged home and included in your written discharge instructions.

- Bathing and showering, if applicable
- Diet-what to eat, what to avoid.
- Incisional care, if applicable
- Medications-dosages and when to take them, if applicable
- Icing the procedural area, if applicable
- Pain control-what to expect, what to do.
- Physical activity, if applicable
- Returning to work, if applicable
- Signs of infections and what to do.

If a follow-up is required, this will be scheduled with your provider or their care team. Bring a list of your questions or concerns to this visit.



Call your physician

It is important to notify your WIU doctor if you have uncontrolled pain, severe nausea, heavy bleeding, inability to urinate, or signs of an infection. Call if you feel any of the following:

- You have a fever over 100.4 degrees Fahrenheit or higher.
- You notice excessive chills, increased redness, localized tenderness or swelling around your wound/incision, if applicable
- You notice red streaks in the skin leading away from the wound/incision, if applicable
- You notice drainage from the skin/excision that completely saturates the surgical dressing in the first 24-48 hours post-op, if applicable.
- You notice moderate or severe swelling under the skin excision, if applicable
- You develop severe or escalating pain at your surgical site not improved with over the counter medications such as Tylenol or while taking prescribed pain medications.
- You develop difficulty emptying your bladder.



Patient responsibility

We advise you to contact your insurance company and notify them of your planned procedure/surgery. Please ensure you also discuss with your insurance company any out-of-pocket costs. Any non-covered charges are the responsibility of the patient/guardian.

For those individuals without insurance (self-pay), arrangements regarding financial responsibility should be made with each medical facility and/or specialist.

Important Phone Numbers

- **WIU Financial Advocate: 920-886-7148**
- **WISE Financial Advocate: 920-886-7134**
- **Scheduler/Triage: 920-886-8979**; for further scheduling needs or urgent concerns.

Our Locations to Serve You

Main Office

1265 W. American Drive, Suite 100
Neenah, WI 54956 (Fox Crossing)
920-886-8979 or (800) 897-7747
wisurology.com

Wisconsin Institute of Surgical Excellence

1265 W. American Drive, Suite 200
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920-886-7132
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Our Satellite Locations:

Oshkosh
New London
Shawano
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