

## **North Jersey Center for Urologic Care, P.A.**

A Division of Urology Group of New Jersey, LLC

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[www.njcuc.com](http://www.njcuc.com)

### **PREOPERATIVE INSTRUCTIONS FOR VASECTOMY**

#### **ONE WEEK BEFORE:**

Do not take aspirin, Plavix or other blood-thinning medications for seven (7) days prior to your procedure.

#### **THE NIGHT BEFORE:**

To prevent infection, it is mandatory that you shave the hair from the pubic area and genitals. After shaving the area, thoroughly wash the penis and scrotum and then shower using your usual soap to remove all loose hair. Please shower again the day of your appointment for surgery.

#### **DAY OF SURGERY:**

Please make sure to eat breakfast or lunch so as not to come to the office on an empty stomach. It is mandatory that you bring an athletic (Swimmer) supporter or tight underwear with you to the office at the time of the operation.

#### **POSTOPERATIVE:**

You should have no problem driving home after the operation. Your spouse need not accompany you at the time of the procedure.

Please feel free to call our office with any questions you may have prior to the operation. If there are changes in your plans, please notify the office.

#### **SCHEDULE CHANGES:**

We will do our best to keep the appointment given to you. However, at times, due to emergencies, your procedure may be delayed. Please be patient with us.

#### **PAYMENT:**

If we participate in your insurance plan, and it is a covered benefit under your plan, our office will submit the bill for services rendered. You may be billed the balance for any co-payment, coinsurance amount or deductible. Additionally, our office will notify your insurance company of the planned procedure regarding pre-certification.

Should we not participate in your insurance plan, or if the procedure is deemed to be a non-covered service, you will be responsible for payment in full.

Additionally, we will send the specimen from your vasectomy out to a laboratory. Our office uses CBL Pathology.

CBL Pathology bills Medicare and commercial insurance companies for services they perform on patients' behalf, at the request of their physicians.

CBL Pathology's invoice is separate from the physician's bill.

For more information please consult CBL Pathology's website at [www.cblpath.com](http://www.cblpath.com)

## INSTRUCTIONS AFTER VASECTOMY

Prior to leaving the office, you will be given two types of medications:

- an antibiotic (Take as directed until it is Finished)
- a pain medication (usually Darvon)

It has been the experience of this office that, following the procedure, most men require no pain medication. However, some patients may require a mild pain medication to achieve sleep the first or second night following surgery.

Following the procedure, we recommend that you:

- Leave the office
- Go immediately home
- Get off your feet and relax

Ice packs should be placed on the operative site for the afternoon and evening of the operation.

- You should avoid strenuous activity and athletics.  
You may resume sexual activity when you feel capable.
- Beginning on Sunday, take warm tub baths daily for one week.  
This will help decrease the swelling and also help dissolve the stitches.
- A slight amount of ooze from the site of the operation is expected.  
Placing gauze pads over the area to prevent soiling the clothes is all that is required.
- Black and blue discoloration of the scrotum skin and the base of the penis is common:  
This should not be a concern.

Should severe pain, marked swelling or bleeding from the stitches occur: Call the office immediately.

Until you are instructed by the surgeon or someone from our office staff,  
Your ability to father children is still present.

At the post-op visit, a semen analysis will be performed, to determine that it is free of sperm cells. Until this time, you should continue to use birth control precautions.

Please call the office at (973) 586-3056 if you have any questions or difficulties.