

# Steven A. Johnson, M.D.

ADULT & PEDIATRIC UROLOGY

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## VASECTOMY

Please follow all of these instructions in preparation for your upcoming vasectomy. Do not take any aspirin or aspirin products for one week prior to your vasectomy. Should you have a headache or muscle aches, use ONLY TYLENOL for pain relief for the week preceding your vasectomy.

You do not need to follow any special dietary directions the night before or the morning of your vasectomy.

The morning of your vasectomy, get into a bathtub of water as hot as you can comfortably tolerate and stay there for 30 minutes. While there, shave all the hair off of your scrotum and around your penis. Do not get out of the hot bath until time to leave to come to the office for your vasectomy. Wear a pair of heavy sweat pants to retain the heat on the way to your vasectomy.

You will receive a prescription for pain medication at the time of your vasectomy. This may be taken as prescribed on an "as needed" basis. Many people require nothing stronger than Tylenol following a vasectomy.

Stay off your feet as much as possible for 48 hours after your vasectomy. Do not get your incision wet before that time.

Apply Bacitracin or Neosporin to your incisions three times a day for one week. The stitches will dissolve and fall out on their own. Do not remove them on your own.

Do not participate in ANY sexual activity for 10 days following your vasectomy. Do not exercise. Do not do any heavy lifting, and do not do any strenuous activity for 10 days following your vasectomy.

Remember, you and your partner must continue to use your current method of contraception (birth control) until you return to have your semen checked and your vasectomy declared a success by your doctor. Your doctor will tell you when you can stop using your current form of contraception. Do not stop using it before then.

If you experience FEVER, SWELLING or DRAINAGE FROM YOUR INCISIONS, contact your doctor immediately. The office number is:

(903)957-1104