



4070 Lake Drive, S.E., Suite 103
Grand Rapids, MI 49546
Tel: (616) 949-4340
Fax: (616) 949-4341

MICHAEL E. NOVAK, M.D.
DAVID E. THOMPSON, M.D.
RANDALL S. KUNTZMAN, M.D.
JOHN R. LOBO, M.D.
MARKIAN R. IWASZKO, M.D.

VASECTOMY

Vasectomy is a form of contraception, intended to be irreversible, usually performed in the office. Vasectomy will not alter sexual desire, erection, performance or feelings. It will not alter hormone levels, nor interfere with urination.

Risks of Vasectomy:

- Spontaneous reversal (the cut ends of the vas deferens grow together allowing sperm to travel into the semen) occurs in less than 1 in 1,000
- Infection
- Bleeding
- Rarely, vasectomy can lead to chronic testicular pain or loss of a testicle

Planning for your Vasectomy:

- For 10 days prior to the vasectomy, you must **not take any aspirin** or aspirin products. Do not take Motrin for 2 days before the vasectomy.
- Consultation and vasectomy are typically done during the same office visit. Plan on being in the office about **one and half hours**.
- **Bring an athletic supporter** (Jock strap).
- Prior to the appointment, you must contact your health insurance carrier to **verify coverage** for the vasectomy. You will need the following information: Procedure Code 55250, Diagnosis Code V25.2. If your insurance carrier will not cover the procedure or if you have no insurance coverage, you will be expected to **pay in full** on the day of the procedure.
- Should there be any concerns before or after the vasectomy, please call the office.



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Instruction following vasectomy:

1. Ice pack to scrotum for the rest of today and all day tomorrow. Keep the ice pack outside of your athletic supporter. The goal is to keep the scrotum cool and contracted. Remove if the skin is painful or numb.
2. No significant activities until the morning of the third day after surgery (Monday). We ask that you **DO NOT** mow the lawn, picking up your children, and/or household projects during this time. Rest!
3. Athletic supporter is to be worn day and night for the next 10 days. It is most comfortable when worn over a pair of underwear. The underwear will prevent it from rubbing your groin creases.
4. You may shower the morning after your vasectomy. Do not let the water spray directly on your scrotum. Do not soak the incision. Wash your scrotum gently with soapy fingers. Let the incision air dry. Terry-cloth loops of towels can catch and pull on the stitches.
5. Athletic supporter is to be worn during any athletic activity for the next 3 months.
6. No aspirin, Advil, Aleve, or other pain medication for 5 days. You may take Tylenol or a narcotic/acetaminophen combination prescribed by your doctor.
7. No sex for 10 days after surgery.
8. After the 10 day waiting period, you must have at least 15 ejaculations during the next 3 months to clear the remaining sperm from your system. Use contraception/birth control!
9. You are still fertile! Your body can store sperm for a long time! You must use birth control/contraception until you provide us with a semen sample and are told that it does not contain sperm.