

Preoperative Instructions for Vasectomy Reversal

Introduction Preparing for a vasectomy reversal involves several steps to ensure the procedure goes smoothly and minimizes the risk of complications. Follow these instructions closely to help your surgery and recovery process.

1. Medications and Prescriptions

- **Pick Up Prescriptions:** Ensure you have picked up all prescribed medications before your surgery date. Common prescriptions include antibiotics and pain relief medications.
- **Medications to Avoid:** Avoid aspirin, ibuprofen, and other non-steroidal anti-inflammatory drugs (NSAIDs) for at least 7 days before surgery, as they can increase bleeding risk. Acetaminophen (Tylenol) is generally safe to use.

2. Preparation the Day Before Surgery

- **Shaving and Hygiene:** Completely shave your scrotum and take a shower the night before the procedure. This helps reduce the risk of infection.

3. The Day of Surgery

- **Diet and Hydration:** Have a light breakfast on the morning of the surgery. Avoid excessive fluids, as you will not be able to leave to use the bathroom during the procedure.
- **Medications:** Take one Valium tablet one hour before your scheduled surgery time if advised.
- **What to Bring:** Bring an athletic supporter or snug-fitting underwear to the procedure for post-surgery support.

4. Transportation and Support

- **Arrange Transportation:** Make sure you have arranged for someone to drive you to and from the surgery center. You will not be able to drive yourself home.
- **Post-Surgery Care:** Have someone available to help you at home for the first 24-48 hours post-surgery.

5. Important Considerations

- **Health Status:** Inform your doctor if you develop any illness, such as a cold, fever, or any other infection, prior to your surgery date.
- **Medical History:** Ensure your surgeon is aware of all medications you are currently taking, including over-the-counter drugs and supplements, and any known allergies or medical conditions.

6. Pre-Surgery Instructions Summary

- Avoid NSAIDs for 7 days before surgery.
- Shave your scrotum and shower the night before.
- Take prescribed medications as directed.
- Eat a light breakfast and avoid excessive fluids on the day of surgery.
- Bring an athletic supporter to the procedure.
- Arrange for transportation and post-surgery support.

Conclusion Adhering to these preoperative instructions will help ensure your vasectomy reversal procedure goes smoothly and minimizes the risk of complications. Always follow any additional instructions provided by your surgeon and contact their office if you have any questions or concerns.