

Pre- Procedure Instructions for Vasectomy

What are my instructions for the day before surgery?

1. **Shave all hair from the upper scrotum.** This means just under the penis onto the scrotal sac. You do not need to shave any hair above the penis. Do this on the day before the vasectomy. You may lather the scrotum with soap and water and shave with a safety razor.
2. After shaving the area, thoroughly wash the penis and the scrotum, then shower or bathe to remove all loose hairs. This will help to ensure a clean area for the incisions. Shower the morning of the procedure as well.
3. There is no need for a scrotal support (jock strap), but you should wear comfortable underwear that lends some support to the area. Also wear pants that are comfortable and not binding.
4. Although you may drive yourself home, we encourage your partner to come along since this is something that impacts you both.

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