



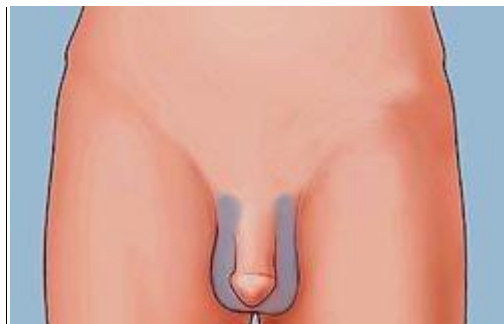
IRONWOOD UROLOGY *A DIVISION OF IRONWOOD PHYSICIANS, P.C.*  
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### **PRE-VASECTOMY INSTRUCTIONS**

1. Shave genitalia up to the base of the penis: shower: and put on clean, jockey type underwear just prior to coming to the office (see instructions below).
2. If your appointment is first thing in the morning or first thing in the afternoon, we suggest that you do not eat that meal.
3. Please inform your family/friends that NO OUTSIDE PARTIES ARE PERMITTED IN THE ROOM DURING THE PROCEDURE.
4. **YOU WILL BE REQUIRED TO HAVE SOMEONE DRIVE YOU TO AND FROM THE OFFICE. FAILURE TO DO SO WILL RESULT IN PROCEDURE BEING RESCHEDULED.** We suggest that you do NOT bring your children to our office to wait for you. There are sometimes delays and children can become anxious and excited. They have been known to want to jump on daddy to greet him after surgery.
5. If you have a “normal” office job, arrange for a least a couple of days off from work after the procedure. You will be expected to “couch-potato” for two days. If you do strenuous work, at least one week should be allotted for light activity only. Please discuss this with the doctor in detail.
6. PLEASE NOTE: The vas deferens is sent to a lab for confirmation. You (if self-pay) or your insurance company will be billed for this examination/report.
7. You may want to bring an electronic device with headphones to listen to during the procedure.

### **SHAVING INSTRUCTIONS FOR VASECTOMY**

Before coming to the office for your vasectomy, you must shave the pubic hair from around the scrotum as shown in this illustration. You can do it yourself or ask someone at home to help; preferably the same day of the procedure. Do not use an electric razor. Use a safety razor, even a lady’s razor, which is less likely to cause bleeding than an electric razor. Some gentlemen find that using baby oil instead of shaving cream is also more comfortable. Failure to shave at home will definitely delay the start of the procedure.



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