

INSTRUCTIONS BEFORE A SimpleVas® VASECTOMY

1. DO NOT TAKE ASPIRIN, IBUPROFEN, or NAPROXEN within 2 days of the procedure. If you are taking medications, please let us know.

2. Bring someone with you, if possible. Although your vasectomy **WILL NOT LIMIT** your ability to drive, you may want to have with you someone who can assist you in the case of unexpected events when going back (ie. flat tire, mechanical issue), as you don't want to be on the road dealing with a vehicle just after a surgery.

3. Make sure that you wear a **JOCKSTRAP** (it will be provided here), athletic supporter, or tight underwear. Wear it when you come to your surgery (under your clothes). During the week following the surgery, we suggest you use it for more scrotal support and comfort, particularly if physically active at work.



4. Please **TRIM THE HAIR** of your scrotum prior to the surgery, this will allow for a quicker preparation for the procedure and an easier surgical field.



5. TAKE A SHOWER PRIOR to your surgery to minimize the potential of skin **INFECTIONS** due to limited hygiene.

