



INSTRUCTIONS BEFORE A SimpleVas® VASECTOMY BY DR. ESGAR GUARIN

1. Do NOT take ASPIRIN, IBUPROFEN, or NAPROXEN within 2 days of the procedure. If you are taking medications, please record them in the registration page.
2. Bring someone with you. Although your procedure 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 get a Jockstrap, athletic supporter, or tight underwear. Wear it when you come to your surgery (under your underwear). During the week following the surgery, we suggest you use it for more scrotal support and comfort, particularly if physically active at work. We can give you one at the time of the procedure.



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