

**Vasectomy Center- *Seattle \* Eastside \* Shoreline***  
*Specializing in No-Needle No-Scalpel Vasectomy*

**John B. Abano, MD**

Swedish Issaquah Campus \* Swedish Greenlake Clinic \* NW Men's Health Shoreline  
Clinic

(425) 394-0773 [www.VasectomyClinic.com](http://www.VasectomyClinic.com)

**VasectomyCenter Discussion Sheet**

**Before Vasectomy**

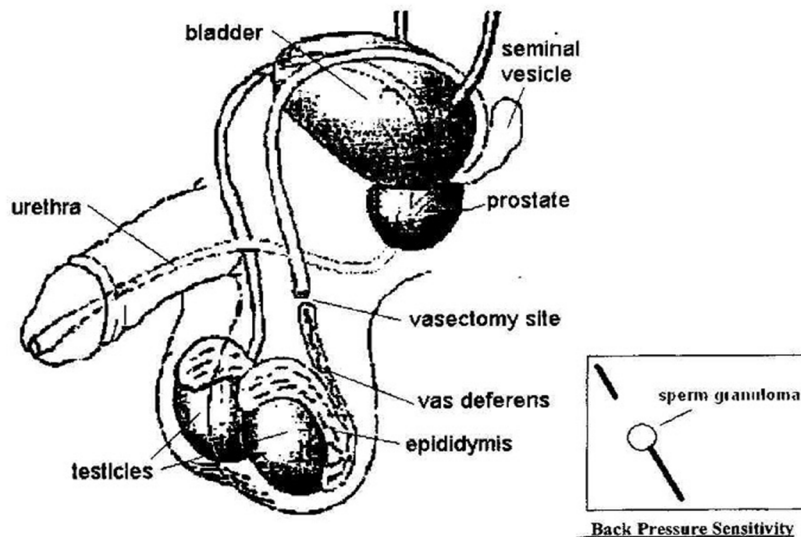
Shave morning of vasectomy  
and take a hot shower.  
Bring jockey shorts or boxer briefs.

**After Vasectomy**

Ice pack and rest 2 days after  
Take an anti-inflammatory:  
Ibuprofen 600mg every 8hrs for 3 days  
For one week after vasectomy:  
No sex, No ejaculation and No heavy  
Lifting >30lbs. and No exercise.  
Continue protected intercourse and  
bring in first sample in 12 weeks.

**Risks**

bleeding  
pain  
infection  
recanalization (@1 per 2,000)



Back Pressure Sensitivity