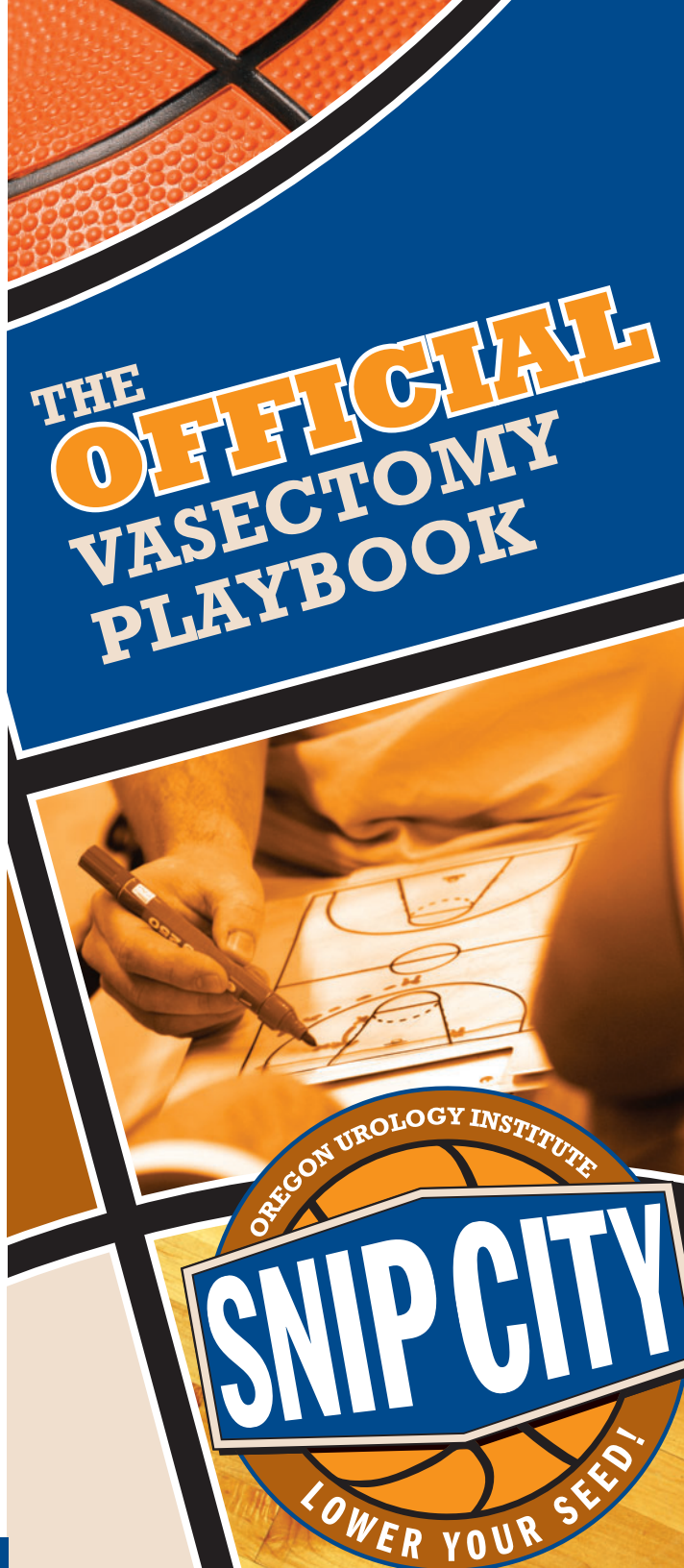


OREGON UROLOGY INSTITUTE

Better Options. Better Care.

THE
OFFICIAL
VASECTOMY
PLAYBOOK



VASECTOMY:

AN INTRO TO PERMANENT,
MALE BIRTH CONTROL

DENY THE RIDE

Most men are surprised by how simple, safe* and straightforward a vasectomy is.

In a nutshell, a vasectomy blocks sperm from entering the fluid that you ejaculate. Since this denies the sperm their "ride" to her egg, it prevents fertilization. And it does this without affecting your manhood in any way. You'll still ejaculate the same amount of fluid and there's no effect on sex drive. **But it gets better – it costs less and is less risky than having your partner get her tubes tied.**

*Vasectomies are very safe, but check with your doctor to understand all the risks.

1-HOUR FITNESS

Here's the procedure (surprisingly simple; 99.9% effective): As a medical procedure, it doesn't get much simpler. You'll get a local anesthetic. The doctor makes one or two small incisions, then reaches in and cuts and closes the tubes. And because the incisions are so small, stitches usually aren't even needed.

That's pretty much it. You're in and out in about an hour.

For more information:
oregonurology.com

PREPARATION U

(How to take full advantage of your recovery time)

See your doctor for prep instruction. But here are some things you may be asked to do:

- Don't take aspirin or other blood thinners (e.g. anti-inflammatory meds) ten days prior to surgery.
- Shave the front of your scrotum the day of surgery.
- Wear supportive underwear or jock strap on the day of surgery.
- Arrange for a ride home for comfort and safety.
- Optional, but recommended: frozen peas video games, sporting events or man-movies ready for your arrival home.

And don't forget food and beverages.

ROAD TO RECOVERY (a 2-day vacation)

Go home and rest with your feet elevated for a day or two. Reduce swelling with ice or a bag of peas. Other than that, take advantage of some nice down time.

Regarding sex: Since it can take time to be totally sperm-free, you can still get her pregnant for up to twelve weeks. So arrange for other birth control until lab tests come back sperm-free.

Ask your doctor for details.

