

Shaving before a vasectomy: Our best advice

In general shaving that causes nicks in the skin has been associated with increased surgical site infections; however, this has never been shown to be true for no-scalpel vasectomy and the infection rate from vasectomy is so low it seems to be safe to shave before your vasectomy procedure.

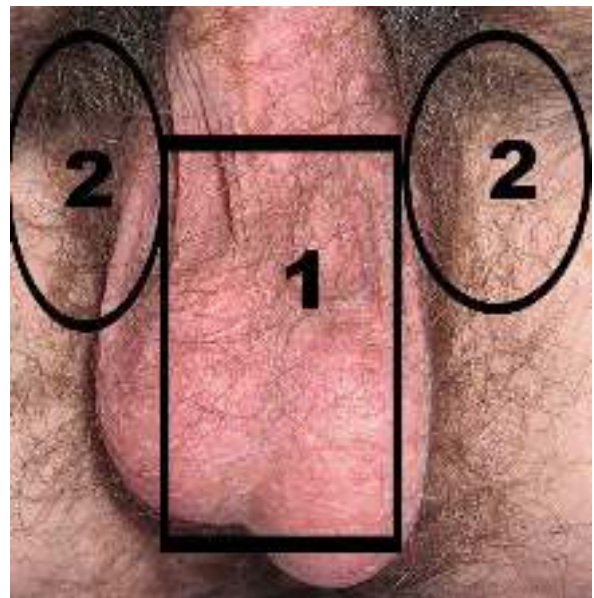
The best shaving device to use before a vasectomy is a simple, disposable plastic razor preferably one with two blades.



The best time to shave is ideally *two (2) to three (3) days before a vasectomy* appointment because this will provide enough time for any skin abrasions to heal before your procedure.

The best place to shave is inside the shower

Long hairs can be trimmed with scissors or an electric trimmer, in the oval areas indicated by #2 and the hairs can be shaved in the rectangular area indicated by #1.



Before turning on the water, use scissors or electric trimmer to trim any long groin hairs that can reach down to the front of the scrotum. (Areas indicated by the #2).

After trimming, turn the shower on and increase the water temperature to warm (the scrotum will relax in a warmer environment). Allow the scrotum to become wet and then apply a generous amount of either shaving cream or shampoo.

Don't use soap. Stand outside of the water stream, shave, and periodically allow the shower stream to rinse the razor blades of trimmed hair for you. Once your shave is complete allow the shower to rinse all residual hair and lather from your groin area.

The entire face of the scrotum should be shaved with the razor in the area indicate by the #1 in the photo. The sides and back of the scrotum, the penis, the groin, and the legs don't need to be shaved.