

PREPARING FOR A
Vasectomy



Shaving





Why it's important & how to guide

The Why

Shaving the scrotum prior to your procedure is important to reduce the risk of infection. By shaving your pubic hair and keeping the hair out of the small incisions that are made reduces the chances of infection post procedure.

DO NOT USE hair creams or electric razors as they are irritating to the skin.

For many men this is a new experience so may be uncertain about the technique. Here are some tips to help you through the process.

How to guide

Shaving your scrotum **3 DAYS** before your procedure is best. This will give the skin enough time to heal if you have any irritation or small nicks. Where possible try to have no distractions (lock the door and have someone mind the kids). The entire process below should roughly take 30 minutes.

Tools

Our goal is to make each step on your journey as simple as possible. That's why we have partnered with **Dublin Grooming Co.** and curated a specific range of products for this exact process.



1. **Shaving oil** is best as its clear and allows you to see exactly what you are doing.



2. A single blade **Safety Razor** is best (the more blades the greater chance of razor bumps and irritation. Use a fresh blade not an old one.



3. **Aloe Vera based moisturiser** should be used to help the healing process after shaving.

Find our products [here](#).

Preparation

Trimming the long hairs down to a 1/4 inch before you start will make shaving easier. Pull the hair slightly to give you a clear sight as to how much you are cutting away.

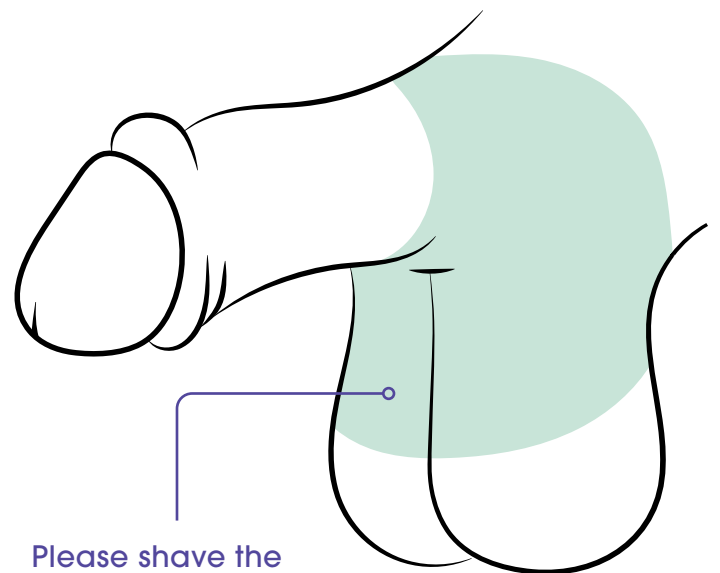
In the same way when shaving your face, taking a shower before shaving will soften the hair follicles making it easier to remove the hair and reduce the chances of irritation. We would recommend using a natural body wash/soap.

Shaving

Lather the area indicated in the image shown here preferably with shaving oil. If using shaving oil, place a large pool of the oil in your hand and apply to the area to be shaved. Avoid using shaving foam or gel especially from an aerosol as this already contains alcohol and may irritate the area.

You can shave in the shower but we would recommend doing it outside of the shower to allow for a better grip on the razor.

The key to shaving the scrotum without nicks or cuts is to take your time, stretch the skin taut. You can do this by using the thumb and forefinger of your non-dominant hand (i.e. the left hand if you are right handed). Use a light touch and short strokes rather than a single firm stroke as you would on your face (let the razor do the work). Rinse the razor often to ensure it isn't clogged. Good light is important.



Please shave the green area. No hair should touch the penis.

Aftercare

Rinse the area well and pat dry. Apply a moisturiser that has no alcohol and if possible includes aloe vera gel to help the healing process. **We would suggest moisturising 2 or 3 times before the procedure but do this as often as you prefer.**

After your procedure we would highly recommend using a jockstrap for a few days to help reduce movement and provide additional support.

Common Problems

Small nicks can occur but are not a risk for the procedure. You can simply apply some gauze or tissue to absorb any blood.

As the hair grows back the area may get a little itchy. This will only last a few days and we will supply you with a skin oil that will help to reduce this itch.

Takeaway

This can be a somewhat daunting experience for some but rest assured that with the right tools and taking your time you have nothing to be afraid of.





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