

# VASECTOMY INFORMATION

Vasectomy is a safe and effective surgical procedure for male sterilization, or preventing future pregnancies from the male side. Vasectomy needs to be considered a permanent action, and even after a vasectomy reversal, as many as 30 percent of men will remain sterile.



## CAN IT FAIL?

This makes the procedure a serious decision that should not be entered into without giving serious thought and consideration to alternative forms of birth control. After a vasectomy, in rare circumstances, the vas deferens can grow back together leading to a failure of vasectomy. This occurs approximately 1 in 2000 cases using the techniques we use. You and your partner should take time to consider all of this before proceeding with a vasectomy.

## MYTHS

There are many myths about vasectomy you may have come across. However, there is **no evidence** that a vasectomy:

- leads to any long term sexual dysfunction.
- it **does not** disrupt the body's ability to produce the male hormone testosterone, it simply stops the flow of sperm.
- it **does not** cause erectile dysfunction or diminish sexual desire.
- it **does not** increase risk of any known cancers including testicular and prostate cancer.

*The body will continue to produce sperm, but it will be reabsorbed rather than ejaculated the way it would if someone had prolonged periods of abstinence.*

The only measurable changes after a vasectomy would be approximately a 5% reduction in the volume of the ejaculate. This decreased volume is small enough that it is not noticeable.

## BEFORE YOUR VASECTOMY

It is important to avoid aspirin and Ibuprofen for a week before your planned procedure. Hair removal at the vasectomy site can be carried out the night before the procedure or at the time of the procedure depending on your preference. Typically athletic pants or other loose fitting clothing are the most comfortable after your procedure.

## THE PROCEDURE

- Expect the procedure to take 10-30 minutes
- You will be asked to take clothes off below the waist
- Sterile soap will be placed on the scrotum
- A heating pack may be placed on the scrotum to help the muscles relax
- A sterile drape will then be placed
- Local anesthesia will be provided using a needleless system to numb the area
- You will feel a sensation like plucking a hair—that should be the extent of your discomfort

*If at any time during your vasectomy you feel any sharp sensation, let your physician know and they will provide you with more numbing medication.*

## DURING

your vasectomy you will hear a buzzing sound. That is the use of cautery to seal the ends of the vas deferens. After this, the physician will place a small titanium clip. These are the techniques used to seal the ends of the vas and prevent them from coming back together. We also place the two ends of the vas in separate tissue planes to prevent failure.

As soon as everything is numb, a no-scalpel technique will be used to perform the vasectomy. The opening in the skin is so small that it will not be stitched after the procedure. This means a small amount of drainage from the area is to be expected and considered normal. **It is common during a vasectomy to get a little light headed.** If this occurs, let your physician know and do not attempt to sit up, stand, or get dressed after the vasectomy.

# AFTER YOUR VASECTOMY

You will be given an ice pack to be used after your vasectomy. Feel free to use this as long as it feels comfortable, on for 20 minutes off for 40 minutes, **avoiding** direct contact of ice to the skin. Your numbing medication will start to wear off about 2-4 hours after the vasectomy, so you will be provided with a prescription for **pain medication**. **Avoid** aspirin and ibuprofen for the first 2 days after vasectomy. After 2 days, the best medication is ibuprofen as long as you are not allergic to it.

You should plan on taking it easy for the first 72 hours. This means avoiding any strenuous activity, as the more time you are able to spend off your feet, **the sooner** you will be back to normal. Typically we release patients back to work within 24 hours if their jobs are not overly strenuous.

Showering is fine the day after your vasectomy but avoid taking a bath or sitting in a hot tub for the first 72 hours after your procedure. You may resume all normal activities, including sexual activity, within 1 week. **Remember you are not sterile until you have a negative semen sample.** You will be sent home with a collection cup. Until we see a semen sample with no sperm in it, you are not considered sterile and you must use secondary birth control. It typically takes between 20-30 ejaculations to get a negative semen sample after a vasectomy. **Plan on at least that many before providing a sample.**



## COMPLICATIONS

Chronic testicular pain (i.e. pain lasting more than a couple of weeks) is very uncommon after vasectomy, occurring in less than 1% of cases. If you have pain that lasts longer than 60 days after your vasectomy, contact the office. Scrotal hematoma occurs when there is some bleeding at the vasectomy site. This occurs in about 3-5 percent of men who undergo vasectomy. The risk is reduced by limiting activity for the first 2-3 days after vasectomy. Though it is not dangerous, it leads to swelling that can take up to 6-8 weeks to go away. It is very rare to require anything more than patience to manage.

## SPERM GRANULOMA

occurs when a small amount of sperm leaks from the testicular end of the vas. The body recognizes that it is not supposed to be there and an inflammatory cap is placed over it called a granuloma. As many as 20% of men may develop this after vasectomy. The most common symptom of this is mild discomfort and a lump at the vasectomy site. No additional treatment is needed to manage this. It is normal to have some mild swelling, bruising, and a small amount of drainage from the vasectomy site for several days after a vasectomy.

## PRE-PROCEDURE INSTRUCTIONS

- Shower and cleanse the genital area thoroughly on the day of surgery
- Surgical site will be shaved clean to help avoid infection
- Eat nothing for at least 4 hours, except for medications to take prior to surgery
- **NO** aspirin, ibuprofen or blood thinners within 5 days before vasectomy
- Partner is welcome to stay for procedure

## MAKE SURE TO UNDERSTAND

- *Risk benefits and alternatives to this procedure*
- *High cost of vasectomy reversal*
- *After 20-30 ejaculations, semen sample will be checked for sperm and that this procedure is **NOT** considered safe until no sperm is found on 2 samples*

## CHANCES OF COMPLICATIONS

*bleeding/hematoma 1.6-4.6%,  
wound infection 2.2-6.0%,  
sperm granuloma 15-40%  
congestive epididymitis 0.4-6.1%  
need for hospitalization 0.2-0.8%.*

## DISCUSS:

**RISKS OF ANESTHETICS/PAIN  
RISKS OF FAILURE**