

# Vasectomy

A PATIENT'S GUIDE



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## WHAT IS A VASECTOMY?

A vasectomy is a permanent and effective means for preventing pregnancy. A vasectomy is a surgical procedure performed on a man that divides the vas deferens, the tube that brings sperm from the testes, where it is made, toward the penis during ejaculation.

### **A Time-Tested, Safe Procedure**

While many methods of contraception are available, vasectomy is a time tested and very safe procedure. Understandably, some men are apprehensive about a vasectomy because it involves such a delicate area of the body. Our surgeons utilize their extensive experience in minimally invasive surgical techniques to perform your vasectomy with great precision.

Most men are relieved to discover that a vasectomy causes very little pain or discomfort after the procedure and recovery is typically quick. Vasectomy will not affect a man's libido, ejaculation, sexual pleasure, or erections.

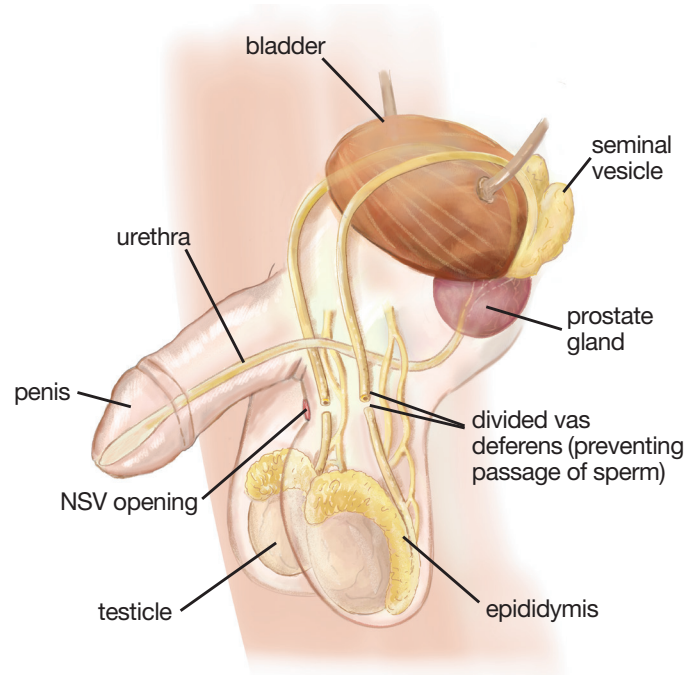
## HOW A VASECTOMY IS PERFORMED

A vasectomy is performed by dividing the vas deferens, the tube that carries sperm from the testes toward the penis. After a vasectomy, your body will continue to produce sperm, but there will be no sperm in the ejaculate. A vasectomy also will not affect your testosterone (male hormone) levels or your ability to have an erection.

### The Procedure Step-By-Step

Vasectomy is an outpatient procedure typically performed under local anesthesia in an ambulatory surgery center (ASC). You might feel a bit apprehensive before your procedure so understanding what will take place before you arrive can help alleviate some of your anxiety.

- First, a local anesthetic is administered.
- Your surgeon will make a small opening in the scrotum. The sperm duct, called the vas deferens, is exposed through the opening. A segment of the vas deferens is then removed.
- The ends of the vas deferens are then cauterized and sealed.
- Dissolvable stitches may be placed to close the hole in the scrotum. The procedure usually takes less than 20 minutes.
- Patients can return to work soon after the procedure. An ice pack placed gently on the scrotum is recommended to reduce any pain or swelling following the procedure. If you do have any discomfort, acetaminophen can be taken.



### No-Needle, No-Scalpel Vasectomy

Several of our skilled surgeons perform what is known as a no-scalpel vasectomy, which differs from conventional vasectomy in its surgical approach. It does not require the use of a scalpel or knife. Instead, the physician uses a specially designed instrument to make a tiny opening in the skin to carefully isolate the vas deferens. The vas deferens are visualized through the skin, cut, and sealed to block sperm. No stitches are needed to close the tiny opening which heals quickly, with virtually no scarring.

### No-Needle Anesthesia

The no-needle, no-scalpel vasectomy uses an advanced technique to anesthetize the scrotum and vas deferens. Instead of delivering anesthesia via a needle injection, the no-needle procedure utilizes a high-pressure jet injector that sprays anesthesia through and around the skin of the scrotum. Patients may feel a slight, brief discomfort from the first anesthetic spray.



### Benefits of a No-Needle, No-Scalpel Vasectomy

- Less discomfort
- Fewer complications (less bleeding)
- No stitches or sutures
- Quicker recovery
- As effective as any other vasectomy approach

Ask your provider if the no-needle, no-scalpel vasectomy approach is right for you.

#### *Did You Know?*

*More than 500,000 vasectomies are performed every year in the U.S.*

## PREPARING FOR YOUR VASECTOMY

Your doctor will provide you with instructions to follow prior to your procedure including:

- Stop taking vitamin supplements, aspirin or ibuprofen one week before your vasectomy. These anti-inflammatory medications thin the blood and can cause excessive bleeding. If you are currently taking any blood thinners, please inform your doctor.
- You may eat a light meal before your procedure.
- You may shave your scrotum at home prior to the procedure.
- Wear supportive underwear, compression shorts, or a scrotal support to the procedure.

## WHAT TO EXPECT AFTER YOUR VASECTOMY

Most patients are surprised that the procedure is quick and often causes little pain or discomfort. Shortly after the procedure, you will be able to drive home. Your doctor will recommend the following to ensure a rapid and comfortable recovery:

- To minimize discomfort, acetaminophen (Tylenol) may be used. Rarely are narcotic pain relievers needed. Use an ice pack (as recommended) and/or an athletic supporter to minimize swelling in the area of the vasectomy.
- You can resume work shortly after the procedure.
- Try to remain off your feet for 24 hours.
- Contact your doctor if you experience fever, chills, increasing pain or significant swelling and bruising.

## ADVANTAGES OF A VASECTOMY

- A safe, effective and permanent method of birth control.
- 99.85% effective as a birth control method.
- A vasectomy will not interfere with your sex drive, ability to have erections, sensation of orgasm, or ability to ejaculate.



## CAN MY VASECTOMY BE REVERSED?

Yes. A vasectomy can be reversed in a procedure appropriately called a vasectomy reversal. Sometimes, life circumstances change and years after having a vasectomy, some men wish to be able to conceive a child naturally with their partner.

We offer this procedure to couples who wish to conceive naturally.

*\* A vasectomy reversal is a major surgical procedure. It may not be covered by insurance and success is not guaranteed.*

### ***When can I resume sexual activity?***

***Sexual activity may resume one week following the vasectomy. You must use other forms of birth control until your doctor assures you that your vasectomy is completely effective. This may take several months until all of the sperm left in the upper part of the vas deferens is ejaculated. In approximately two to three months following the vasectomy, a semen sample is brought to an outpatient laboratory for analysis. Once your sperm count is zero, it is safe to resume sexual intercourse with no other birth control method necessary.***

## FREQUENTLY ASKED QUESTIONS

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### **Q: Is a vasectomy safe?**

**A:** Yes, vasectomy is a time tested and very safe procedure. As with any surgical procedure, however, there may be some minimal risks or side effects which your doctor will discuss with you prior to your procedure.

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### **Q: Will the vasectomy be effective as birth control right away?**

**A:** No. You must use other forms of birth control until your doctor assures you that your vasectomy is completely effective. This may take several months until all of the sperm left in the upper part of the vas deferens is ejaculated. In approximately two to three months following the vasectomy, a semen sample is brought to an outpatient laboratory for analysis. Once your sperm count is zero, it is safe to resume sexual intercourse with no other birth control method necessary.

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### **Q: Will I experience pain after my vasectomy?**

**A:** Typically, a vasectomy causes very little pain or discomfort after the procedure and recovery is quick.

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### **Q: Will I experience problems with achieving an erection or with sexual intercourse following my vasectomy?**

**A:** No. A vasectomy will not affect a man's libido, ejaculation, sexual pleasure, or erections. A vasectomy also will not affect your testosterone (male hormone) levels.

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### **Q: How long does it take to perform the vasectomy?**

**A:** The procedure typically takes only 20 minutes once your physician has you comfortable and administers the local anesthetic.

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### **Q: How long is the recovery?**

**A:** Most patients are surprised that the procedure is quick and often causes little pain or discomfort. Shortly after the procedure, you will be able to drive home. To minimize discomfort, you may use acetaminophen (Tylenol). Ice may be used to decrease swelling in the area. Most men resume work by the next day.

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### **Q: Will insurance cover my vasectomy?**

**A:** Vasectomy procedures are typically covered by insurance. However, because insurance coverage varies, we recommend that you call the customer service number on the back of your insurance card, or contact your employer's benefits department, to verify your coverage and for any questions regarding your health insurance plan.

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