



### **What is a vasectomy?**

A vasectomy works by impeding the path that sperm take as they travel from the testicles through the vas deferens, a duct which connects the testes to the urethra, that prevents sperm from entering the semen, effectively eliminating the chance of pregnancy. A vasectomy isn't immediately effective, as there will be a number of sperm remaining in your vas deferens after the procedure. We advise men to use a backup form of contraceptive until cleared by your provider.

### **What is the procedure?**

Our clinic performs a no-scalpel, no-needle vasectomy. This technique allows for quicker healing and less bleeding. The procedure is performed using nitrous oxide (laughing gas), which is extremely effective in relieving anxiety and providing analgesia. We offer a needle-free injection called Lenis in order to administer local anesthetic. When performing the vasectomy, your urologist makes a small puncture hole in the midline of your scrotum and then pull the vas deferens on each side through that opening. They remove a small portion, separate, clip, and cauterize the ends, then return them to the scrotum through the puncture hole. The opening will be closed with one dissolvable suture. The entire procedure takes about 15-20 minutes.

### **What is the recovery?**

Recovery takes about a week, during which time you may experience a degree of swelling, pain, and bruising in the area. You can make your recovery easier by getting plenty of rest and avoiding strenuous activity until the healing process is complete. The vasectomy does not affect testosterone production, libido, orgasm or erections. You may notice a slight decrease in ejaculate volume.

### **How to prepare for the procedure**

- Pick up all prescriptions. Usually this includes an antibiotic and Motrin.
- Shave your entire scrotum and the hair around your penis as best you can before the procedure.
- Buy supportive underwear or briefs to use for 8 days after the procedure. **Bring a pair with you.**
- If you take blood thinners, including Aspirin, this will need to be discussed with the provider so we can stop them safely.
- We recommend at least 2 days off work or more if it involves strenuous activity or lifting.
- If interested in sperm banking, this will need to be completed before your procedure.
- Begin taking antibiotic on **the day of the procedure.**

### **Instructions immediately after the procedure until day 2**

- Go home. Rest. Stay off your feet for 2 days.
- Ice the area every 15-30 minutes. Place a paper towel or wash cloth between the skin and ice pack.
- Begin taking the Motrin and continue it for at least 48 – 72 hours.
- Continue the antibiotic and restart blood thinners **as directed by your provider.**
- Do not apply ointments or Band-Aids to the suture site and refrain from showering for 24 hrs.
- If you notice a small amount of bleeding from the area where the suture is, **do not worry.** Simply pinch the area between your fingers and hold pressure for about five minutes or until the bleeding stops.

### What are normal expectations after the procedure?

- Swelling, bruising, and bleeding from the suture site. **Do not try to remove the sutures.**
- Temporary change in semen color
- Discomfort at the suture site, testes or around suture site

**Contact our office** if you notice an enlarged lump in the scrotum, excessive swelling, pain redness, or puss around the suture site, or have a fever over 101.

### Days 2-7

- Light activity; avoid straining, bumping, bouncing or jarring activities as well as sexual activity.
- Continue to wear supportive underwear/briefs.
- Finish prescriptions.

### Day 8

- Return to your normal activity level. Start slowly. If you experience pain, discontinue the activity and give it more time. Some people take longer to heal.
- If sexually active, you must use a method of contraception until you have been notified by our office that two semen specimens are absent of sperm.

### Semen Specimen

Contraception will be needed until our office has examined both specimens and notified you that they are absent of sperm. We will schedule an appointment four months after your procedure. **Dispose of 20-30 ejaculations prior to providing ONE ejaculation in the specimen cup for assessment.** Please drop the specimen off at our front office and provide your name and date of birth. Once we notify you that the first specimen is negative, we will need you to provide a second specimen. **One to two weeks after the first negative specimen, you provide a second specimen after ejaculating 20-30 times.** Once we notify you that the second specimen is negative, you are considered sterile and there is no need for contraception. **Specimens can be brought in 1-2 days after completed. They do not need to be refrigerated.**

### Complications/Risks of a Vasectomy

- Infection
- Sperm granuloma: Sperm find their way out of the cauterized end of the vas deferens. This cannot be prevented, in some circumstances, and the sperm that is released into the tissue causes a small nodule. They usually resolve in time as the body seals them off. However, they can persist and rarely be painful. Also, rarely it requires surgical removal.
- Recanalization. The ends of the vas deferens grow back together. (.1-.3% chance)
- Rarely, men have poor migration of sperm after a vasectomy, which causes the persistence of sperm to be seen in semen checks for 6 months to one year. This means more time is needed.
- Pain: Any surgical procedure may cause sensitivity around the surgical site. Strictly adhering to the post- procedure instructions will significantly reduce inflammation and potential for sensitivity. If you have pain, apply the same methods (ice, Motrin, decrease strenuous activity) that you did post- vasectomy to help alleviate the symptoms. If pain persists, it will usually resolve within first 3 months after the procedure.

If you have any questions or concerns, please contact our office between Monday-Thursday 8:30 AM-4:30 PM, Friday 8:30 AM- 1:00 PM. We are closed for lunch and do not answer the phones between 12:00 PM-1:30 PM. Office Number 512-451-7935