



## Vasectomy - What You Need to Know

Vasectomy is an operation performed to divide the tubular structure called the vas deferens which carries the sperm. This procedure is performed to make the male sterile. This procedure should only be considered if permanent sterilization is desired.

Although vasectomy is a frequently performed and safe operation, there are occasionally complications such as bleeding, infection, painful scars, damage to the testicles, and possibly failure.

Having a vasectomy will not change your sexual ability, sexual function, or any noticeable change in ejaculation.

### The Procedure

A small incision is made on each side of the scrotum and each vas deferens is divided, cauterized, and sometimes tied to block the flow of sperm. A local anesthetic is injected to minimize any discomfort.

### Postoperative Care

- Restrict activity to very light for two days, and try to stay off your feet. Restrict activity to light with no exercise for one week.
- Wear an athletic supporter - most men wear the supporter for only a few days.
- Use an ice pack for 15 minute intervals while awake for 2 days.
- Take a brief shower the night of the procedure and at any other time. Do not soak in water until the stitches have fallen out, or 5 days after the procedure.
- The stitches will dissolve and there is no need to have them removed.
- You can expect minimal bleeding, aching, swelling, and bruising in your scrotum.
- If there is progressive swelling, pain, or concern for an infection please call and notify this office.
- No sexual activity for 1 week.

### Sterilization

**You are NOT considered sterile until you have one negative semen analysis.** The semen analysis should be performed ten weeks after the procedure.

Between vasectomy and the negative semen analysis, an alternative method of contraception is needed.