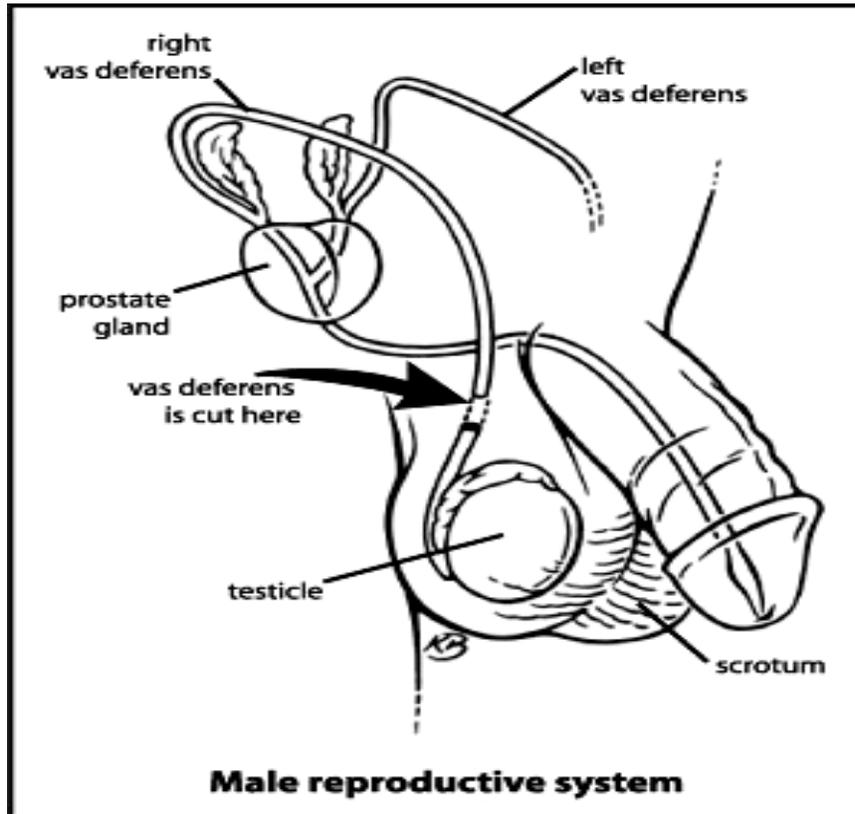


What is a vasectomy?

A vasectomy is an operation that makes a man permanently unable to get a woman pregnant. It involves cutting the vas deferens on each side so that sperm can no longer get into the semen.



How is a vasectomy done?

A vasectomy is usually done in your doctor's office or in an outpatient surgery center. The operation takes about half an hour. You'll be awake during the procedure. Your doctor will give you a local anesthetic to numb your scrotum.

After you're numb, your doctor will cut a small opening (an incision) on one side of your scrotum and pull out part of the vas deferens on that side. You may feel some tugging and pulling. A small section of the vas deferens is removed. The ends of the vas deferens will be sealed by stitching them shut, by searing them shut with heat or by using another method. Your doctor will then do the same thing on the other side.

Your doctor will close the 2 openings in your scrotum with stitches. After 3 to 10 days, the stitches will disappear by themselves.

What is no-scalpel vasectomy?

VASECTOMY: WHAT TO EXPECT

The no-scalpel vasectomy involves making a very small puncture (a hole) in the scrotum instead of an incision. The puncture is so small that it heals without stitches.

How effective is vasectomy in preventing pregnancy?

Vasectomy may be the safest, most effective kind of birth control. Only about 15 out of 10,000 couples get pregnant the first year after a vasectomy.

Are there any reasons I shouldn't have a vasectomy?

Don't have a vasectomy unless you're sure you don't want to have children in the future. Other reasons you may need to wait to have a vasectomy or may not be able to have one include having an infection on or around your genitals or having a bleeding disorder.

Can vasectomy be reversed?

Some vasectomies can be undone or "reversed" but the surgery is expensive, not usually covered by insurance and must be performed in a hospital. Even though most men can ejaculate sperm after the reversal surgery, the sperm are often not able to fertilize an egg.

How should I prepare for the operation?

On the day of the operation, bring a jockstrap (an athletic supporter) with you and make sure your genital area is clean. Your doctor will probably give you instructions on how to clean the area before you come in. Your doctor may suggest you bring someone to drive you home after surgery.

What can I expect after the operation?

Right after the operation, your doctor will have you lie down for a couple of hours with an ice pack placed on your scrotum. You may have some bruising in the area of the surgery. The bruises should slowly lighten and be gone in about 2 weeks. You should feel back to normal within a couple of weeks.

Is it okay to take medicine?

Don't take aspirin, ibuprofen (brand names: Advil, Motrin, Nuprin), ketoprofen (brand name: Orudis) or naproxen (brand name: Aleve) for 2 weeks before or after the operation. All of these can thin your blood and cause bleeding. Try acetaminophen (brand name: Tylenol) to relieve pain.

When can I go back to work?

If you have a desk job, expect to return to work after a couple of days. If you do physical labor, or walk or drive a lot, talk with your doctor about when you can go back to work.

VASECTOMY: WHAT TO EXPECT

Will the vasectomy work right away?

No. You'll need to ejaculate as many as 15 to 20 times before the sperm will be cleared from the vas deferens. For that reason, keep using birth control. Your doctor will ask you to bring in samples of your ejaculation after the operation. Only after you have 2 sperm-free samples will you be considered unable to get a woman pregnant. This may take 3 months or longer.

What are the risks of a vasectomy?

Problems that might occur after vasectomy include bleeding, infection and usually mild inflammatory reaction to sperm that may have gotten loose during surgery (called sperm granuloma). Call your doctor if you notice any of the signs below.

Another risk is that the ends of the vas deferens may find a way to create a new path to one another. This doesn't occur very often. But if it does, you could be able to cause a pregnancy.

Call your doctor if:

- You have a fever
- You have swelling that won't go down or keeps getting worse.
- You have trouble urinating.
- You can feel a marble-sized lump forming in your scrotum.
- You have bleeding from an incision that doesn't stop even after you've pinched the site between 2 gauze pads for 10 minutes.

What happens to the sperm?

Once sperm can't get through the vas deferens, your testicles will begin making fewer sperm. Your body will absorb the sperm that are made.

Will a vasectomy affect my sex life?

After you have healed from the vasectomy, your sex life shouldn't change at all. You'll still ejaculate almost the same amount of semen as you did before, and you won't notice a change in your sex drive.

Instructions to follow before and after vasectomy

You and your partner should read these instructions carefully. The two of you should discuss any concerns about the vasectomy and talk about them with your doctor. Remember, vasectomy should be thought of as permanent.

Before vasectomy

- **Don't take blood thinners such as aspirin, anti-inflammatory drugs (ibuprofen) or aspirin-containing products for 3 weeks before and 1 week after your vasectomy. You may take Tylenol.**
- Shower the evening before and again on the day of your vasectomy.
- Shave the area as directed.
- Bring an athletic support (jock strap) with you to wear after the vasectomy.
- Take Valium 15 minutes prior to procedure.
- Bring someone with you who can drive you home.

After vasectomy

- Keep the incision clean and dry. It should stop oozing in one or two days.
- Keep an ice pack on your scrotum (outside the athletic supporter) for 20 minutes out of each hour (20 minutes on and 40 minutes off) and stay off your feet as much as you can the first two days.
- Wear an athletic supporter for 24 hours or as long as it feels comfortable.
- Limit your activities during the first two days, because this will help reduce swelling, discomfort and bleeding.
- Call your doctor if you notice ongoing bleeding or a swelling bigger than marble size around the incision.
- Call you doctor if you pain is not relieved by pain medication.
- Don't go swimming until the incision healed. Don't take hot baths for 24 to 48 hours. You may take showers anytime.
- Don't ejaculate for one week after the vasectomy. You may start having sex again after the first week, but use birth control.
- Remember to use reliable birth control until your doctor tells you that you are sterile.
- Talk to your doctor about going back to work if you have a job that requires manual labor. Most men return to work two days after a vasectomy.
- Avoid strenuous activities for five to seven days.
- Bring a semen sample to your doctor's office when your doctor tells you to, so it can be checked for sperm. Collect the semen in a clean plastic container and bring it to your doctors' office within one hour. The sample will be looked at under a microscope and you will be told about the results. - PLEASE CALL OFFICE AND MAKE A LAB APPOINTMENT FOR SEMEN DROP OFF
- You may notice some black and blue discoloration at the base of the penis around the testicle. This is normal, provided it does not cause excessive pain.

This information provides a general overview on vasectomy and may not apply in each individual case. Consult your physician to determine whether this information can be applied to your personal situation and to obtain additional information.