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## VASECTOMY

Vasectomy should be seen as a permanent form of sterilization. If you are unsure about your desire for permanent sterilization, I would not recommend a vasectomy. However, if you are sure you do not want any more children, vasectomy is the safest, most convenient, and most effective means of birth control.

The vas deferens is a small tube, there is one from each testicle. Its only purpose is to transport sperm. The vas deferens have nothing to do with the ability to have erections or orgasms and these function are not affected in anyway. Sperm makes up less than 5% of your ejaculation so you will not perceive any difference in the amount of your ejaculation.

We will start an IV and give you some medicine that will relax you a bit. Then, we will put some numbing medicine into the scrotum and make two small incisions. We will isolate the vas deferens and deliver them to the skin level. We will tie off the two ends of the vas, cut out a small section, burn the two ends, and place a stainless steel clip on one end. The vas deferens are then buried in two different layers of tissue. All of this is to avoid the ends spontaneously reconnecting.

The skin is closed with absorbable sutures. These sutures will fall out on their own, but you will have to keep the area clean and dry. You can take showers with your back to the water, but you should not use a tub bath, Jacuzzi, or swimming pool. These sutures fall out on their own usually in 7-10 days.

After your vasectomy you will go home, place an ice pack on your scrotum, and keep the ice pack on the scrotum until you go to bed that night. The ice pack will not be needed after the first day. For your comfort, you will want to wear a jock for 7-10 days during the daytime. You should not participate in any vigorous athletic activity for at least two weeks.

We will see you back in the office after two weeks to check the incisions to make sure they are healing nicely, and to ensure you have had no problems with your surgery. It is imperative for you to use some type of birth control until we tell you the ejaculation is clear of sperm. Some men can take months before they clear all of their sperm. Therefore, it is paramount that you use some type of birth control at all times until we tell you it is clear. It is fine to have intercourse frequently, but you should use some type of birth control until we tell you it is safe to have unprotected intercourse.

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Vasectomies have very few complications. About 1% of men will have bleeding in the area of the incision and this will cause bruising and swelling. If this occurs, it requires no specific therapy and will resolve in 4-6 weeks. Also, approximately 1% of men will have epididymitis. The epididymis is a small structure on the testicle that can become inflamed after vasectomies. If you do develop epididymitis, you will have to be placed on antibiotics, limited activities, scrotal support, and heat. This condition usually resolves within 36 to 48 hours. There are infrequent problems with chronic pain, irritation in the area of the incision, chronic swelling in the area of the incision, and the very rare occurrence of spontaneous recanalization of the vas deferens where the vas deferens spontaneously reconnect. If any of these side effects or complications occur, please let us know immediately.

You will be given a list of preoperative instructions. Two instructions are of special note:

- \* You must have someone to drive you home. This is due to the medications that you are given for relaxation.
- \* You must shave your scrotum. You want to shave the entire scrotum or the testicular sac, from the penis level down and trim any hair that may hang down into that area. Use a safety razor; you should not use an electric razor to shave the scrotum.

You will be here for approximately one hour. The procedure itself takes 5-10 minutes. You will be given pain medications to take home and, of course, if you have any problems please feel free to call us.

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Franklin Urological Associates

## **PRE OP VASECTOMY INSTRUCTIONS**

IF YOUR APPOINTMENT IS IN THE MORNING, YOU MAY HAVE A LIGHT BREAKFAST. (YOGURT, BAGEL ) (NOTHING GREASY/HEAVY)

IF YOU HAVE AN EARLY AFTERNOON APPOINTMENT (before 2pm) EAT A LARGE BREAKFAST AND THEN HAVE A SNACK FOR LUNCH. (PEANUT BUTTER & CRACKERS, CHEESE & CRACKERS,ETC.)

IF YOU HAVE A LATE AFTERNOON APPOINTMENT(after 2pm) EAT A LIGHT LUNCH. (HAM OR TURKEY SANDWICH, NOTHING GREASY OR HEAVY)

**SHAVE THE ENTIRE SCROTUM. (FROM THE BASE OF THE PENIS DOWN)**

BRING A **NEW** ATHLETIC SUPPORTER. (jock strap)

**BRING SOMEONE TO DRIVE YOU HOME**, IF YOU CHOOSE TO HAVE IV SEDATION DURING YOUR PROCEDURE.

PLAN ON BEING IN THE OFFICE FOR ABOUT AN HOUR DURING YOUR PROCEDURE.

PAYMENT IS PAYABLE AT THE TIME OF SERVICE, OUR OFFICE WILL CONTACT YOUR INSURANCE THE WEEK OF YOUR APPOINTMENT FOR BENEFIT VERIFICATION AND WILL NOTIFY YOU THE DAY BEFORE YOUR VASECTOMY APPOINTMENT FOR ANY BALANCE DUE.

THE PATIENT WILL OBTAIN A SEMEN ANALYSIS 8 TO 10 WEEKS AFTER SURGERY. A REPEAT SEMEN ANALYSIS MAY BE REPEATED IN 6 MONTHS IF THE PATIENT DESIRES.

**CONTINUE TO USE BIRTH CONTROL UNTIL WE GET A NEGATIVE SEMEN SPECIMEN.**