



Vasectomy

What is a vasectomy?

A vasectomy is a minor operation that makes a man unable to make a woman pregnant by cutting and blocking two tubes (vas deferens). The doctor will make an incision in the scrotum to cut the vas deferens so that sperm produced by the testicles will not be able to mix with semen.

How is a vasectomy performed?

A vasectomy can be done in your doctor's office. The procedure only takes about 30 minutes and causes little pain. You will be given a local anesthetic to make your scrotum numb before your doctor makes an incision. Your doctor will lift each vas deferens through the small opening to cut and seal each end. The flow of sperm is stopped by sealing the ends of these tubes.

What are the risks?

Most men have no problems after the procedure; however, these are the most common problems:

- Minor infection around the incision
- Swelling or bruising
- A small lump on the scrotum

Will I be sterile right away?

No, you won't be sterile until your doctor notifies you that your semen is absent of sperm (about 12 weeks after the procedure). Continue to use birth control until then.

Will a vasectomy change my sexual life?

No, a vasectomy will not change your ability or pleasure but, without the worry of unwanted pregnancy, some men report a better sex life.

Why should I have a vasectomy?

A vasectomy is more successful and costs less than a tubal ligation (surgery to make a woman sterile). Discuss any questions or concerns with your partner and your doctor. A vasectomy should be thought of as a permanent procedure.

Before and After Instructions

Before:

- Don't take any blood thinners or anti-inflammatory drugs (Ibuprofen or Aspirin) for 2 weeks before the procedure.
- Shower the night before and the day of the procedure.
- Bring an athletic supporter with you to wear after the procedure.

- Bring someone with you to drive you home.

After:

- Don't take any blood thinners or anti-inflammatory drugs (Ibuprofen or Aspirin) for 1 week after procedure.
- Keep the incision clean and dry.
- Keep an ice pack outside the athletic supporter for 8 hours.
- Stay off your feet for the first 2 days. This will help reduce swelling, discomfort, or bleeding.
- Most men are able to return to work after 2 days. Talk to your doctor about this if you have a job that requires manual labor.
- Wear an athletic supporter for 24 hours (or as long as it is comfortable).
- Until your doctor tells you that you are sterile, use a reliable birth control.
- Don't take baths or go swimming until the incision is healed. It is okay to take showers.
- You may have sex after the first week, but use birth control. Do not ejaculate for the first week after the procedure.
- Avoid strenuous activities for 5-7 days.
- Bring in a semen sample (in a clean, plastic container within one hour) when advised by your doctor. Your doctor will look at the sample under a microscope and notify you of the results.

