

VASECTOMY INSTRUCTIONS

Things you should know about vasectomy

- after vasectomy you will not see any changes whatsoever with your ejaculate, i.e., sensation of ejaculation or quantity/quality of the ejaculate
- there will be no noticeable changes of sexual or urinary function
- there will not be any blood or burning with urination
- there is no known relationship between vasectomy and your developing heart disease, prostate cancer, urinary disturbances, testicular pain, or hormonal changes, i.e., testosterone levels
- the sperm you are presently passing were made by the testicles several months ago; consequently, for several months after the procedure you are still fertile and must continue to use birth-control measures
- it could take up to 8 months before your ejaculate no longer contains any sperm; the average time span to clear the ejaculate of sperm is 3-4 months. You will be given the "green light" to do away with birth control when we have two ejaculate specimens, submitted 3 and 4 months after the procedure, which demonstrate "NO SPERM."
- if there is persistent sperm in the ejaculate after 10 months, there is a possibility of the occurrence of "recanalization" (the ends of the vas deferens growing back together) and consideration for repeating the vasectomy would need to be entertained. Fortunately, this is extremely rare.

Preparation for the procedure

- avoid any medications/vitamins which could potentially thin the blood which would include advil, motrin, ibuprofen, Aleve (tylenol/acetaminophen is okay). Vitamins including vitamin E, fish oil, Alpha Omega, chondroitin sulfate and others could potentially thin the blood as well. You should have a complete list of medicines which need to be avoided.
- shave the scrotum 2-3 days prior to the procedure, and shower the morning of the procedure
- it is okay to eat prior to the procedure

Details of the procedure

- the procedure itself usually takes no more than 20 minutes to complete
- you will have minimal discomfort during the procedure - we will not proceed with the procedure if you are having discomfort
- please feel free to bring audio entertainment or reading material with you into the procedure room
- one of our nurses will be assisting us during the procedure
- you will be cleansed with an iodine solution (please inform us if you are allergic to iodine solutions ahead of time) and covered with a sterile drape

- the local anesthetic used is lidocaine (xylocaine) and works immediately, and lasts for about 1 hour; you will likely note a short-lived burning sensation when it is administered, after which time you will be numb. If you subsequently note discomfort do not hesitate to inform us so that additional medication can be administered
- only one small cut (about 1/4" in length) at the upper part of the scrotum will be required; both the right and left vas deferens will be tied off through the **single** incision.
- during the vasectomy a portion of each vas deferens tube will be removed, the two ends will be tied off with suture, and the small opening in the ends of the tube will be cauterized, or burned, which will seal the ends of the tube. We will handle the second vas deferens through the same incision after additional anesthetic is given
- one or two stitches of dissolving suture material will be used to close the small cut.

After the procedure

- you will be observed for 10 to 15 minutes after the procedure to ensure that you are okay to drive home
- you will be given a prescription for narcotic to take as needed
- apply Neosporin/Polysporin for 2 or 3 days to the incision
- you should avoid all blood thinners, as noted above, for 72 hours; before that time tylenol/acetaminophen and the narcotic prescribed should be adequate
- it is extremely important that you apply ice (frozen peas work fine) to the scrotum for at least 72 hours, if not longer
- you should hold off on sexual activity for one week
- avoid serious exercise/strenuous activity for two weeks; if you perform strenuous activity at work see if you can delegate as much as you can during this recovery time.
- you may experience intermittent scrotal discomfort for several months after the procedure, but most patients within one month of the procedure have no residual symptomatology
- **remember to continue birth control until your ejaculate shows no sperm**
- paperwork for 2 semen analyses (examination for the presence of sperm) will be given to you the day of vasectomy
- you will be informed that you may do away with birth control once we note the absence of sperm in two consecutive ejaculates

Causes of concern which require prompt contact with us

- increasing swelling/redness and pain of the scrotum with or without fever
- excessive bleeding from the incision

General comments

- you should expect minor to moderate bruising on the scrotum and base of the penis
- remember that you are having a surgical procedure on a very sensitive part of your body and accordingly you should exercise restraint during the postoperative period. You should expect to have some discomfort intermittently for several weeks after the procedure but generally within 3 to 4 weeks discomfort should be minimal.

UROLOGIC

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- if you feel at any time that your recovery is not going the way you would expect, please call us and speak to one of our nurses who will address your concerns. If she feels that you need to be seen, an office appointment will be set up promptly.

I have reviewed the above and agree: _____
signature

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