

Leche Regional Urology
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1302 Lakewood Drive
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VASECTOMY PATIENT INFORMATION

I. Purpose of the operation

The intent of the operation, known as bilateral partial vasectomy, is to render you sterile (i.e. unable to cause a pregnancy in a female partner). You should also understand that there is only a remote possibility of reversing the state of infertility once achieved.

II. Nature of the operation

The vas deferens is the tube which transports sperm from the testicles, and there is ordinarily one tube from each testicle. Bilateral partial vasectomy means dividing and closing each of these tubes and separating the severed ends. A segment approximately ½ inch in length will be removed and permanent clips applied to the open ends of the tubes, and then cauterized. The skin incision in your scrotum will be closed with a suture material that will dissolve in about 5-7 days as healing occurs.

III. Anesthesia for the operation

The operation may be performed under local anesthesia in the office if you and the doctor feel it is reasonable. The skin of the scrotum and the nerves to the tube to be severed will be numbed by injection of the local anesthetic. You will be fully conscious and alert. At least one injection will be given on each side of the scrotum.

If you or your physician decides, the procedure can be done as an outpatient in the hospital under general anesthesia (fully asleep).

IV. After the operation

You may expect some minor postoperative problems and occasionally some complications. The minor discomforts which frequently occur include:

- (1) Bruising (black and blue marks) on the scrotum
- (2) Swelling beneath the incisions
- (3) Tenderness around the incision sites or testicles
- (4) Discharge from the edges of the skin incisions
- (5) Dull ache in testicles or groin for 5-6 days

Some of the postoperative complications which can occur include:

1. *Epididymitis*: painful swelling of the tissues along side the testicles which might include swelling of the testicles (epididymo-orchitis). The resolution of this inflammatory process, if it occurs, may take several weeks or longer and usually requires antibiotics and bed rest

2. *Sperm Granuloma*: persistent tender swelling at the cut end of the vas deferens. This is commonly due to leakage of sperm from the severed ends of the tubes into the tissue causing an inflammatory reaction. This typically resolves with a course of anti-inflammatory medication (ibuprofen). On rare occasion, this area may need to be surgically removed if it does not respond to conservative therapy.

3. *Hematoma*: hemorrhage due to undetected bleeding into the scrotal sac. In this instance, the scrotum may become swollen and discolored, and may require a second incision to drain the accumulated blood.

4. *Abscess*: pus may form within the scrotum and require a second incision so it may be drained.

5. *Recanalization*: the ends of the vas may reconnect themselves causing sperm to be detected in the semen sample. If this occurs, the operation would have to be redone.

V. Failure of bilateral partial vasectomy

You should understand that until you have had two consecutive negative sperm checks (one at 2 months & one at 4 months), you must continue to use other methods of contraception until you have been declared sterile by your physician. The vasectomy will sometimes fail to produce sterility, and this occurs up to 4% of the time. Therefore, it is your responsibility to have your semen examined as instructed. You will be given 2 sterile cups to collect your specimen in and drop it off to the office. These checks are included in the cost of your procedure, however, if you choose to have this done elsewhere, there may be additional cost to you.

If you think you are having a problem or do not understand the instructions, please call the office during business hours, 9:00 – 5:00 Monday – Friday. Be certain that you take any medications by your doctor. If you should need a refill, please contact the office during normal business hours of 9:00 – 5:00 Monday – Friday.

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VASECTOMY INSTRUCTIONS

BEFORE YOUR PROCEDURE PLEASE REMEMBER:

1. SHAVE ALL HAIR FROM THE SCROTUM. You should do this on the day of the vasectomy. You may lather the scrotum with soap and water and shave with a new safety razor. Do not use NAIR or similar products as it will cause irritation.
2. After shaving the area, thoroughly wash the penis and the scrotum, then shower or bathe to remove all loose hairs. If needed, wash the area again just before coming in for your vasectomy.
3. Bring a pair of tight jockey shorts. Boxer briefs are acceptable, but not regular boxers.
4. Wear comfortable clothing on the day of your procedure.
5. You will need someone who can drive you home.
6. **Please eat something before arriving to office for your vasectomy.**

INSURANCE GUIDELINES

1. We will contact your insurance company to confirm your coverage and determine any out of pocket expense that will be your responsibility. Payment of your responsible portion is required in advance scheduling/performing the procedure.
2. There is a possibility that you could receive a statement from us due to the fact that the information may have changed that the insurance company gave us or the actual amount paid by your insurance carrier may be more or less than we calculated.

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INSTRUCTIONS AFTER YOUR VASECTOMY

1. Today's operation does not immediately protect you from getting a woman pregnant. Continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm each time.
2. It is recommended that you wait at least 7 days before resuming sexual activities. You may resume sexual activities then if you are not having any discomfort, but having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or a rejoining of the tubes.
3. Ejaculations help to clear the passage of the sperm, but you and your sexual partner must use some other method of birth control until you are told that you may discontinue its use.
4. For two days after the operation, do not do any work that requires heavy lifting, pushing, straining, etc. Also it is advisable to refrain from athletic activity until you are feeling "back to normal".
5. Do not bathe or shower for 24 hours. After this time period you may begin to soak in the tub. This will facilitate the dissolving of your sutures.
6. Some black and blueness (bruising), draining (oozing) from the incision, swelling, or mild tenderness of the scrotum is not unusual. Also, the edges of the incision may pull apart and heal rather slowly, and sometimes a knot may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about. Apply Neosporin (or substitute) generously until the incision is healed.
7. Wear supportive undergarments only as long as you seem to need it for comfort.
8. If you have pain or discomfort immediately after the vasectomy, taking 2 Tylenol tablets every 4 hours should provide relief. After the local anesthetic wears off, use an ice pack for additional comfort and can also prevent swelling if used for several hours at ½ hour intervals (½ hour on, then ½ hour off). You will be given a prescription for stronger pain medication in case you should need it.
9. If stitches are placed, they do not have to be removed. They are absorbed and drop off by themselves, usually within 7-14 days, but sometimes longer. There may be some drainage from the incision or it may look infected after 5-6 days. Sitting in a warm tub of water should help this. You may remove the stitches with cuticle scissors in 7-10 days if you desire.

INSTRUCTIONS FOR SPECIMEN COLLECTION

1. Specimen is to be collected in a clean plastic or glass container. Sterile cups are will be given to you after the procedure. You will need to bring in a specimen at 2 and 4 months after your vasectomy. Once you have had 2 negative specimens the office will inform you it is safe to have unprotected intercourse. Until that time, USE PROTECTION!
2. No specimens are accepted in a condom.
3. The specimen needs to be taken to the office within an hour of collection.
4. Please call the office to be sure someone is there to receive your specimen before you collect it.