Before the Vasectomy:

1. On the day of the vasectomy when you shower, take particular care to lather the entire genital area with soap for about three minutes.

2. On the day of the procedure, shave the front part of the scrotum under the penis. After shaving, shower again and wash the area with soap and water.

3. Be sure to bring supportive shorts with you. Your procedure will take about 15-20 minutes.

4. It is best to have someone available to drive you home following the procedure.

5. Cancellation of this appointment must take place no later than the day prior to the procedure during regular business hours (8:30a.m. – 4:00p.m.). Failure to comply with this request will result in a $75.00 non-refundable charge.

After the Vasectomy:

1. You may experience some minor discomfort following the procedure. There is a possibility of swelling, and it is advisable for you to rest at home for 24 hours and then resume activity gradually. Apply ice packs or cold compresses intermittently and continue to wear supportive brief type shorts for 1-2 weeks to minimize the swelling. Use the prescription pain medication or ibuprofen for any discomfort.

2. You may shower the day after your procedure. There is no special wound care necessary other than keeping the incision clean and dry (after you shower).

3. For one week after the procedure, it is advisable to avoid strenuous activity. You may resume sexual relations after the procedure when your discomfort has subsided. Birth control methods should continue until you have been notified that no sperm are left in the semen. This needs to be verified with a semen analysis 8 weeks following vasectomy.
Vasectomy is a procedure designed to produce male sterilization. A man who is sterile is unable to father children but CAN continue to have sexual relations. The sterilization should be considered permanent. It can be reversed but this procedure is not 100% successful.

THE PROCEDURE
Under local anesthesia, one small incision is made on the front part of the scrotum, under the penis. The sperm duct (vas deferens) is cut, and a half inch segment is removed. The remaining ends are blocked and turned away from each other to prevent any chance of reconnecting. The sperm that are produced can no longer get through the normal channel, and are absorbed by the body. The tissue (R & L vas deferens) that is removed will be sent to a laboratory for analysis. The laboratory will bill your insurance separately for this service.

There is, however, a reservoir of sperm above the transected site that requires approximately two months of usual sexual activity to empty this reservoir. It is very important that birth control measures be continued after the procedure for at least two months until the absence of sperm is proven.

Two months after the procedure, a semen specimen should be taken to the laboratory for examination. If there are no sperm in the specimen, pregnancy is virtually impossible. If there are only a few sperm left, the reservoir is not yet empty, and the test should be repeated in one month.

The procedure itself has no effect on sexual relations. Nearly all of the volume of fluid ejaculated comes from the prostate gland and the seminal vesicles. The glands are above the operative site, but the fluid continues to come out during sexual activity in the usual fashion. The ejaculate (seminal fluid) expelled during intercourse looks exactly the same as before surgery. Under the microscope, however, sperm are not present.

Sterilization does not in any way disrupt a couple’s biologic functions, except to make the couple unable to have children. In other words, potency, virility, ability to maintain an erection and sexual activity will be unchanged.

Following surgery, there is always some swelling in the area of the incision. The amount of swelling varies from patient to patient. It is usually well controlled by wearing supportive shorts for one to two (1-2) weeks after the procedure. Occasionally, more swelling may limit activity for a short time, but this problem is unusual. Most men will have some discomfort for a few days after the procedure. Motrin or prescription medication (provided at the time of the procedure) will alleviate this. Rarely pain persists beyond this point. A small amount of drainage from the incision occurs as the body dissolves the sutures that were used. The drainage is rarely a problem.

In Summary, The Most Important Things To Remember Are:
1. Vasectomy is a safe procedure that produces sterilization, but does not interfere with sexual function.
2. The operation should be considered permanent because reversal cannot be guaranteed.
3. Contraceptive precautions (birth control measures) should be continued until no sperm are present in the semen. This is usually verified with a semen analysis lab test two months after the procedure. On occasion, it may take longer for the sperm to be completely washed out and the test will need to be repeated.

I HAVE READ AND UNDERSTOOD THIS DISCUSSION OF VASECTOMY, AND HAVE HAD ANY QUESTIONS ANSWERED:

Patient Signature: ____________________________ Date: ____________________