

Vasectomy Information for Patients

Vasectomy

A vasectomy is one of the most effective forms of permanent contraception. It is a safe, simple procedure designed for men who are certain they do not wish to father children in the future.

- Is over 99.9% effective once a zero sperm count has been confirmed.
- Does not affect your masculinity, testosterone levels, sex drive, erections, orgasm or ejaculation.
- Does not provide immediate contraception. Continue using other contraception until your semen tests confirm that no sperm are present.

How the Procedure Works

During a vasectomy, the vas deferens (sperm tubes) are divided and sealed using a no-scalpel technique through a single small opening in the centre of the scrotum. The procedure is performed under local anaesthetic, usually takes around 30 minutes, and stitches are generally not required. Your testicles continue producing sperm, which are naturally absorbed by your body. The amount of ejaculated fluid remains virtually unchanged.

Before Your Procedure

- Shave the front of the scrotum only (from the base of the penis downwards). Do not shave the pubic area.
- Shower or bathe on the day of your procedure.
- Wear supportive underwear.
- Eat and drink normally unless advised otherwise.
- Arrange transport home if you are having sedation.
- A vasectomy should be considered permanent. Reversal surgery is not guaranteed to restore fertility and has a 40% success rate.

After Your Procedure

For the first 48 hours, rest as much as possible, wear supportive underwear, use wrapped ice packs intermittently, and keep activity to a minimum.

For the first week, avoid heavy lifting, strenuous exercise, cycling and contact sports. Most men return to desk-based work within 1–3 days.

You may shower the following day and gently pat the area dry.

Pain Relief

- Mild discomfort is normal and should be controlled with paracetamol and an anti-inflammatory tablet. Should this not be sufficient a review would be advised.

When to Seek Medical Advice

- Fever.
- Increasing redness, swelling or discharge.
- Severe pain or pain not controlled
- Persistent bleeding.

Sex After Vasectomy

Sexual activity can usually resume after about one week when comfortable. Continue using contraception until your doctor confirms a zero sperm count.

Semen Testing

- Fertility exists for at least 10-12 weeks (or approximately 20-25 ejaculations) after the vasectomy. Contraception should be used until it is confirmed by a sperm count that there are no sperm present in the semen.
- Provide semen samples at 12 weeks and again at 14 weeks.
- You will receive two specimen containers and laboratory request forms.
- Continue contraception until you have been advised your results show a zero sperm count.
- It sometimes may take longer to have a zero count. i.e. no sperm. Your Doctor will advise you when to repeat the test to give further time to clear the sperm from the tubes

Possible Risks

- Bruising, bleeding, infection or swelling.
- As there can be some distension of the tubules in the epididymis (next to the testis), this can occasionally become tender from time to time but is usually not a problem.

Long-Term Health

Current evidence shows no proven link between vasectomy and prostate cancer, heart disease or reduced testosterone levels. Continue routine health screening as recommended by your doctor. All men above fifty should have a PSA blood test to exclude the presence of prostate cancer and an annual rectal examination as advised by your Doctor.

Reversal

A vasectomy can be reversed but only about 40-50% of reversals will result in a pregnancy. However, semen may be collected and frozen pre-operatively for later use by a Fertility Clinic if you wish. There are also modern micro-injection techniques available to inject sperm which are aspirated from the epididymis, into egg cells.

Questions?

If you have any questions before or after your vasectomy, please contact the Silverdale Medical team. We are happy to help.