

# VASECTOMY PROCEDURE

## What is a Vasectomy

A vasectomy is a procedure to make a man sterile. The purpose of this is to provide permanent contraception therefore you will not be able to have any more children.

## What does the procedure involve?

The procedure involves a very small incision on either side of your scrotum which is done under local anaesthetic, to access the tubes that carry sperm from your testicles (vas deferens). The tubes are divided and the ends will be tied off to prevent them from joining back together. Dissolvable stitches are used to close the skin. The procedure usually takes 30-45 mins. You will be able to go home as soon as you feel fit enough to do so.

**On the day of your procedure, please shave your scrotal area and stop eating and drinking one hour prior to your appointment.**

You will need to bring a pair of tight briefs to put on before you go home, as these reduce post-operative bruising and pain.

**If you experience extreme pain or bleeding within 24 hours of the procedure, please contact the LSUS office during office hours of 9am to 5pm on Tel: 01903 503447. If outside office hours, please contact your Emergency GP for advice.**

## What complications can I experience?

### 1. General complications of any procedure

- Pain
- Bleeding from the wound or inside the scrotum
- Infection in the surgical wound or in the testis

### 2. Specific complications of a vasectomy procedure

- Becoming fertile again - recanalisation (1:2000 chance)
- Long-term pain in the testicles (less than 5%)

- Sperm granuloma - swelling at the end of the tubes (1%)

## Aftercare

- You may eat and drink soon after the procedure. There will be some dissolvable stitches and a dressing. You will be able to pass urine with this on.
- You can remove the dressing after 24 hours. You must keep the area dry for 48 hours. You can shower after 48 hours and bath after 72 hours. You can have sexual intercourse after a few days, or when you feel comfortable enough.
- You may experience soreness and discomfort after the procedure. Minor bruising of the scrotum can occur and your testicles may ache for the first few days. These can be eased by taking simple painkillers (Ibuprofen plus minor Paracetamol) for 1-2 days.
- ***Sperm will still be present in your system for few months after the procedure. A semen analysis pack will be sent to you after 16 weeks of your procedure (instructions will be included in the pack) to check for any remaining sperms. Please ensure that you continue to use other methods of contraception until you have been advised that the results are clear.***
- If pain, discomfort or oozing persists after 72 hours, we would recommend a saline bath (salt water) or submerging the area in diluted Savlon (Savlon with water, you can purchase Savlon at your local chemist, drugstore or supermarket) to alleviate the pain and promote healing.
- In the event you have any concerns about the length of the healing process or suspecting infection, we would recommend you arrange an appointment with your GP who can assess if anti-biotics are required.
- You should be able to return to normal activity after 2-3 days. Please speak to your GP if you require signing off from work during your recovery period.