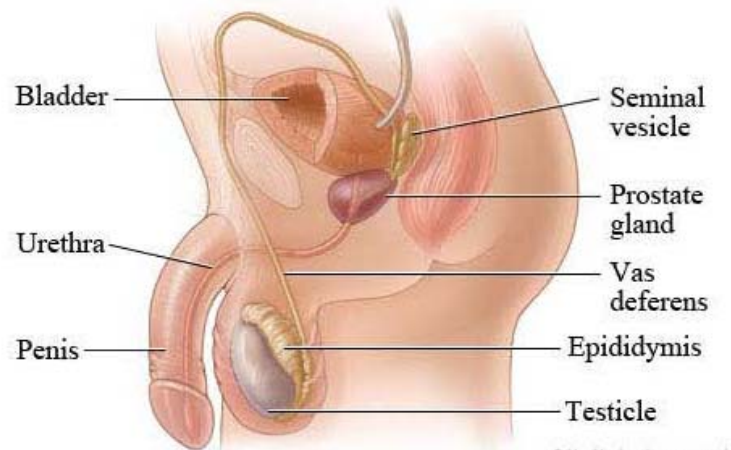




Vasectomy Procedure Guide

A vasectomy is the most common form of male contraception. This guide will prepare you for your procedure and recovery process. Use this guide as a reference to answer some common questions that you might have. If you need additional information please contact your surgeon.

PROCEDURE: During a vasectomy, the vas deferens from each testicle is clamped, cut, or otherwise sealed. This prevents sperm from mixing with the semen that is ejaculated from the penis. An egg cannot be fertilized when there are no sperm in the semen. The testicles continue to produce sperm, but the sperm are reabsorbed by the body. (This also happens to sperm that are not ejaculated after a while, regardless of whether you have had a vasectomy.) Because the tubes are blocked before the seminal vesicles and prostate, you still ejaculate about the same amount of fluid.



It usually takes several months after a vasectomy for all remaining sperm to be ejaculated or reabsorbed. **You must use another method of birth control until you have a semen sample tested and it shows a zero sperm count. Otherwise, you can still get your partner pregnant.**

RISKS: Bleeding, infection, pain, swelling, bruising, chronic pain in the surgery area, scar tissue, sperm granuloma, sperm congestion, reconnection of vas tubes, unwanted pregnancy, sperm antibodies, damage to testicle or surrounding structures.

BEFORE YOUR PROCEDURE:

- Fill all your prescriptions before your procedure
- For one week before procedure NO Aspirin, Advil, Aleve, Motrin, Ibuprofen, Naproxen, Naprosyn, Meloxicam, Plavix, Warfarin, Coumadin, Celebrex, VITAMINS OR HERBAL SUPPLEMENTS which would include fish oil or omega 3 fatty acids, (to include Lovaza)
- Purchase an athletic supporter; you may need to purchase 2.
- Prepare an ice pack to use at home after your procedure.
- Shave scrotum the day before procedure.
- Take ONE Valium and One Percocet tablet 1 hour prior to your procedure.
- Have someone drive you to and from your appointment.
- Also tell your Doctor if you have had any scrotal surgeries.



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DURING YOUR PROCEDURE

The procedure takes about 20 to 30 minutes and can be done in the office.

- Your testicles and scrotum are cleaned with an antiseptic.
- You are given an oral medication to reduce anxiety.
- Each vas deferens is located by touch.
- A local anesthetic is injected into the area.
- Your doctor makes one or two small openings in your scrotum. Through an opening, the two vas deferens tubes are cut. The two ends of the vas deferens are tied, clipped, stitched, or sealed. Electrocautery is used to seal the ends with heat.
- The vas deferens is then replaced inside the scrotum and the skin is closed with stitches that dissolve and do not have to be removed.
- You will be instructed to wear your athletic supporter.

An appointment will be made for your return in 3 months for a semen analysis. A specimen cup will be provided.

You must use another method of birth control until you have a semen sample tested and it shows a zero sperm count. Otherwise, you can still get your partner pregnant.

AT HOME:

- During the first 24 hours use ice or a bag of frozen peas wrapped in cloth to reduce swelling.
- Keep area clean and dry.
- You may shower the following day.
- Take 2 Tylenol or 2 Percocet every 4 hours, for pain. (Max 6 tabs per day)
- You may resume sexual activity in 2-3 days using contraception.
- You may resume normal work activities within 2-3 days.
- No heavy lifting or exercise for 1 week.
- You may experience mild generalized scrotal aching for 1-2 weeks after your vasectomy. Use an athletic supporter during this period.
- Mild scrotal swelling and bruising are normal after vasectomy.
- Your sutures are absorbable but often cause mild incisional crusting/scab formation. Clean gently with gentle soap and water or hydrogen peroxide.
- Keep your scheduled follow-up appointment.
- Use appropriate birth control until follow-up semen analysis shows zero sperm. Bring a semen specimen to the office on your 3 month follow-up appointment.



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POST OP VISIT:

Remember to use contraception. It takes many ejaculations before all active sperm are cleared from your system. A semen specimen will be checked in 3 months to assure all sperm are gone from your reproductive system. This specimen should be no more than 2 hours old.

You must use another method of birth control until you have a semen sample tested and it shows a zero sperm count. Otherwise, you can still get your partner pregnant.

Contact Doctor if you experience:

- Fevers above 101.5
- Severe nausea or vomiting.
- Heavy bleeding or drainage from incision.
- Severe swelling of the scrotum.
- Problems or questions about your medication.