



Vasectomy

A vasectomy is an office based procedure to sever and separate the vas deferens which is the tube that carries sperm from the testicle. This is offered to men who are desiring permanent sterilization. Vasectomy is to be viewed by you, the patient, and your partner (if you have a partner) as a permanent form of birth control.

- You signed, or will sign, informed consent paperwork regarding this procedure. This outlines the potential surgical risks and complications associated with this specific procedure. You may request a copy of your informed consent paperwork for your own records, and it is always scanned into your medical record and easily available for review.
- Vasectomy reversal is an option in some patients but it is not 100% effective and can be financially costly and is often not covered by insurance.
- Vasectomy is done under local anesthesia in the office. You are encouraged to bring someone if you want for support, many men come by themselves and drive themselves home without issue.
- You do not need to fast before this procedure, if you take blood thinners such as aspirin, warfarin, plavix, brilinta, eliquis or xarelto you must stop these at least 3 days before the procedure.
- You are encouraged to bring music, headphones or other distracting activities if you desire.
- The procedure takes about 30 minutes
- Surgical complications such as infection or bleeding from the skin or in the scrotum are quite rare.
- You will have small dissolvable sutures to close the scrotal skin, you can apply bacitracin or vaseline to this area after showering or otherwise for 1 week after the procedure if you desire.
- Vasectomy failure rate is about 1 in 2000. This is most commonly due to the tubes reconnecting despite the measures taken to separate them.
- If there are residual sperm noted on the initial post vasectomy semen analysis you will need to wait another month, have protected intercourse, and perform another semen analysis test.
- About 1 to 2% of men will have some chronic pain after vasectomy in the testicle or scrotum. This pain is rare but could persist weeks or months or sometimes years after vasectomy.
- You may notice brown or slight red/pink in your ejaculate if you ejaculate within 1-2 weeks after the

procedure which is normal and expected.

- The vast majority of men only have discomfort for a few days to a week afterwards which is managed by ice packs, Tylenol or Advil and form fitting supportive underwear.
- Although not required, you may schedule a post-operative check if you like to check the small incisions.
 - After vasectomy you are not immediately cleared for unprotected intercourse. There are some residual sperm that need to be evacuated prior to clearing you for unprotected sex. This is done around 3 months after the procedure with a semen analysis. The office offers a semen analysis kit for cash purchase that can be performed at home. Semen analysis kits are not covered by insurance but can be used with HSA or FSA funds.