

## **VASECTOMY INFORMATION**

### **Purpose of the operation:**

The intent of this operation, known as bilateral partial vasectomy, is to render you sterile (i.e. unable to cause a pregnancy in a female partner). You should also understand there is only a remote possibility of reversing the state of infertility once achieved.

### **I. Nature of the operation**

The vas deferens are the tubes which conduct sperm from the testicles, and there is ordinarily one tube from each testicle. Bilateral partial vasectomy means dividing and closing each of these tubes and separating the severed ends. A segment may or may not be removed. The skin incisions in your scrotum may be closed with a suture material, which will later dissolve as healing occurs.

### **II. Anesthesia for the operation**

The operation will be performed under local anesthesia. The skin of the scrotum and the nerves to the tube to be severed will be numbed by injection of the anesthetic and you will be fully conscious. At least one injection will be given on each side of the scrotum. Sometimes discomfort is experienced in the area of the groin and testicles.

### **III. After the operation**

You may expect minor postoperative problems and occasionally some complications. The minor discomforts which frequently occur include: (1) black and blue marks on the scrotum; (2) swelling beneath the incisions; (3) tenderness around the incision sites and testicles; (4) or a discharge from the edges of the skin incisions.

Some of the postoperative complications which can occur include:

1. **Epididymitis:** Painful swelling of the tissues along side the testicles, which might include swelling of the testicles (epididymo-orchitis). The resolution of this inflammatory process, if it occurs, may take several weeks or longer, but usually resolves with oral antibiotics.
2. **Sperm Granuloma:** Persistent tender swelling beneath the skin incision above the testicle. This is commonly due to leakage of sperm from the

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severed ends of the tubes into the tissues causing an inflammatory reaction.

3. Hematuria: Hemorrhage due to undetected bleeding in the scrotal sac. In this instance, the scrotum may become swollen and discolored and may require a second incision to drain the accumulated blood.
4. Abscess: Pus may form within the scrotum and require a second incision so it may be drained.
5. Recanalization: The ends of the vas may rejoin themselves. If sperm are present in the semen later on, the operation would have to be redone.

#### IV. Failure of bilateral partial vasectomy

You should understand that until you have had two consecutive negative sperm checks, you should continue to use other methods of contraception. Do 15-20 ejaculations before doing your semen analyses.

### **Vasectomy PRE-Op Instructions**

1. You should not take Aspirin or Ibuprofen within 7 days of the procedure.
2. On the day of the procedure:
  - a) You must have someone available to bring you to the office.
  - b) You may eat a light breakfast or lunch.
  - c) Shave your scrotum with a straight razor and clip long pubic hair.
  - d) Wear boxer briefs, or jockies with loose pants
  - e) Take your prescription medication as directed afterwards.

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## **POST-VASECTOMY INSTRUCTIONS**

1. Today's operation does not immediately protect you from getting a woman pregnant. Continue to use some other method of birth control until you have had your semen analyzed twice and have been told that it contains no sperm.
2. Wait at least 3 days before resuming sexual activities. You may resume sexual activities then if you are not having any discomfort, but having ejaculations too soon after a vasectomy may increase the chance of minor problems developing or rejoining the tubes.
3. Do not do any work that requires heavy lifting, pushing, straining, etc. for 2 days.
4. Keep the incision dry for 24 hours following the operation. Thereafter you may resume showers but avoid bathing or swimming for two weeks.
5. Some black and blueness (bruising), draining (oozing) from the incision, swelling, or mild tenderness of the scrotum are not unusual. Also, the edges of the incision may pull apart and heal rather slowly and sometimes a knot may be present which remains for several months. These are all part of the normal healing process and are nothing to worry about.
6. Wear briefs or an athletic supporter only as long as you seem to need it for comfort.
7. If you have pain or discomfort immediately after the vasectomy, taking 2 Tylenol tablets every 4 hours should provide relief. An ice pack will provide additional comfort and can help reduce swelling.
8. If stitches are placed, they do not have to be removed. They are absorbed and drop off by themselves, usually within ten days, but may take longer.

### **NOTE:**

You should understand that until you have had two consecutive negative sperm checks, you should continue to use other methods of contraception. Wait 2 months before the first test. Do 15-20 ejaculations before doing your semen analyses.

### **To schedule semen analysis:**

Andrology Lab: 202-741-2516

2150 Pennsylvania Ave NW, IVF Suite 6-300, Washington, DC 20037