



**ASSOCIATED
UROLOGICAL
SPECIALISTS**

Understanding Vasectomy

Permanent Birth Control for Men





A Vasectomy Is an important decision that you should make together with your partner.



Is a Vasectomy the Best Form of Birth Control for You and Your Partner?

Having a vasectomy should be thought of as a permanent decision. So before you make this choice, be sure it's what you want.

If you do choose vasectomy, you should have no doubts. We strongly recommend that you discuss it thoroughly with your partner or spouse before proceeding. We even encourage that they even join you at the initial consultation. We want you both comfortable enough with AUS, your Board-Certified Urologist, the facility and the procedure. We also encourage both of you to ask questions and get the answers you need.

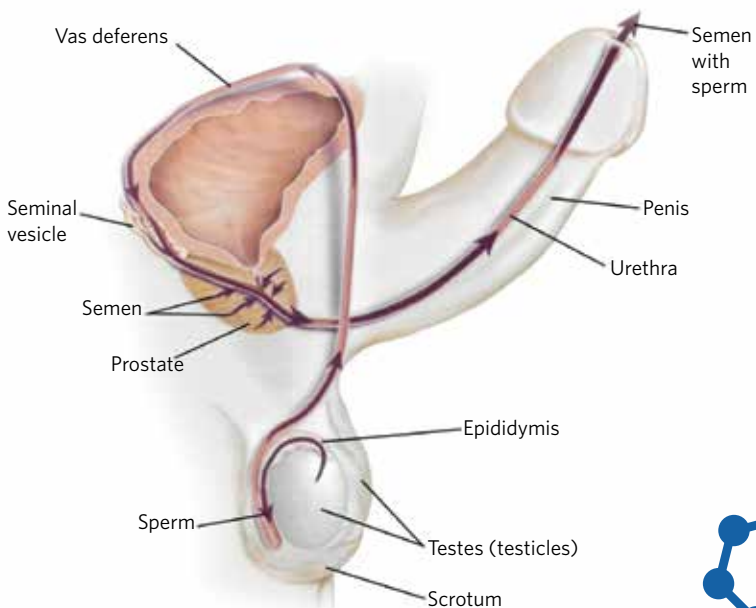
Get the Facts

- 1 FACT: A vasectomy does not mean you can't have or enjoy sex.**
You'll still be able to have erections and orgasms and ejaculate normally.
- 2 FACT: A vasectomy does not reduce your sex drive.**
Your male hormone levels remain the same. This your sex drive and hair patterns won't change. Neither will the pitch of your voice.
- 3 FACT: A vasectomy will not solve relationship problems.**
Vasectomy will not fix problems you and your partner may be having. It's also not a choice that you should make during times of stress.

Understanding Your Reproductive System

Knowing how sperm are made, stored, and released by the body can help you understand how vasectomy works. For pregnancy to occur, a man's sperm (male reproductive cells) must join a woman's egg.

- The testes (testicles) are glands that produce sperm and male hormones.
- The scrotum is a pouch of skin that contains the testes.
- The epididymis is a tube that holds sperm while they mature. Each testicle has an epididymis.
- The vas deferens are tubes that carry the sperm from the epididymis to the penis.
- The seminal vesicles and the prostate gland secrete fluids called semen. This fluid helps nourish and transport sperm.
- The urethra is the tube in the center of the penis. It transports both urine and semen. When you have an orgasm, semen is ejaculated out of the urethra.





What is a No Scalpel Vasectomy?

A no scalpel vasectomy uses a method that allows doctors to complete the procedure using a single, tiny puncture. In this manner, no use of a scalpel is needed. The puncture is so minimal, most patients don't ever feel it.

Benefits of a No Scalpel Vasectomy

- No scalpel vasectomy procedures do NOT affect sexual function.
- No scalpel vasectomies are performed quickly (15-30 minutes).
- They are much less invasive than a tubal ligation (i.e., the procedure used to prevent a woman's eggs from reaching the uterus).

Having a no-scalpel procedure may ease a lot of the stress or anxiety of having a vasectomy. However, AUS also offers their patients PRO-NOX (Nitrous Oxide) during the procedure as well.



Request a
Vasectomy
Appointment

The first step is to get a consultation with one of our board-certified urologists. They will take the time to answer all your questions and take you through what you can expect before and after the procedure. It's a great time to ask any questions you may have. Don't be afraid to ask about anything you're wondering about – we've heard everything.

The consultation can be done discretely, either in person at any one of our offices or as a Telehealth appointment from the privacy and convenience of your home.

Before Your Vasectomy



1. If you are taking any pain medication or blood thinners, these drugs will need to be stopped prior to your vasectomy as detailed below:
 - a. Aspirin 325mg and Vitamin E supplements: 7 days prior
 - b. Non-steroidal anti-inflammatory drugs (Aspirin 81mg, naproxen, Celebrex, ibuprofen, Advil, Aleve): 2 days prior
 - c. If on any other blood thinners, please discuss with your doctor
2. You should shave the upper part of the scrotum the day prior to your procedure
3. You may have a light meal prior to the procedure.
4. Wear loose fitting clothing and wear/bring some tight fitting underwear or athletic supporter
5. You will be given local anesthetic for your vasectomy. Please make sure to inform your doctor if you have an allergy to lidocaine
6. For extra comfort during your vasectomy, we recommend and offer Pronox which is a 50/50 mixture of nitrous oxide and oxygen and helps with pain control and relaxation. Pronox is not covered by insurance and has a \$100 charge.
7. You will be able to drive yourself to and from the vasectomy unless your doctor wants you to take Valium. If you choose to use Pronox, you can drive yourself home.

Possible Risks or Complications

- Bleeding or infection of the incisions.
- A failed vasectomy may require another procedure to correct.
- Sperm granuloma (a painful lump where the vas deferens is sealed off).
- Congestion (sperm buildup in the testes). Causes soreness.
- Epididymitis (inflammation). May cause aching in the scrotum.
- Long-term testicular discomfort (rare).



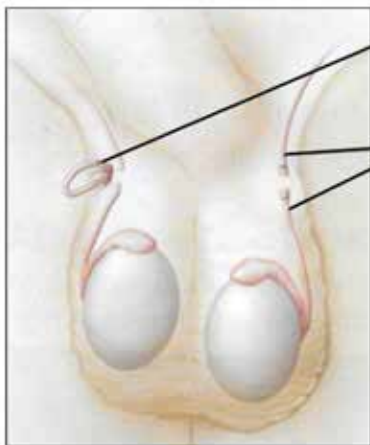


How a Vasectomy is Performed

You may be given medication to help you relax. To prevent pain, you'll be given an injection of anesthetic in your scrotum or lower groin. One or two small incisions are made in the scrotum with a scalpel or a pointed clamp. The vas deferens are lifted through the incision—you may feel a tug. A small piece of the vas deferens may be removed. It may be sent to a lab for testing. The ends of the vas are sealed off. This keeps sperm from traveling from the testes to the penis. If needed, the incision is closed with stitches.

The procedure usually takes around 30 to 45 minutes. The testes will still produce hormones and sperm, but the sperm have no place to go. They are absorbed by the body.

During the Procedure



Vas deferens lifted through skin incision.

Cut ends of the vas deferens are sealed using one of several methods.



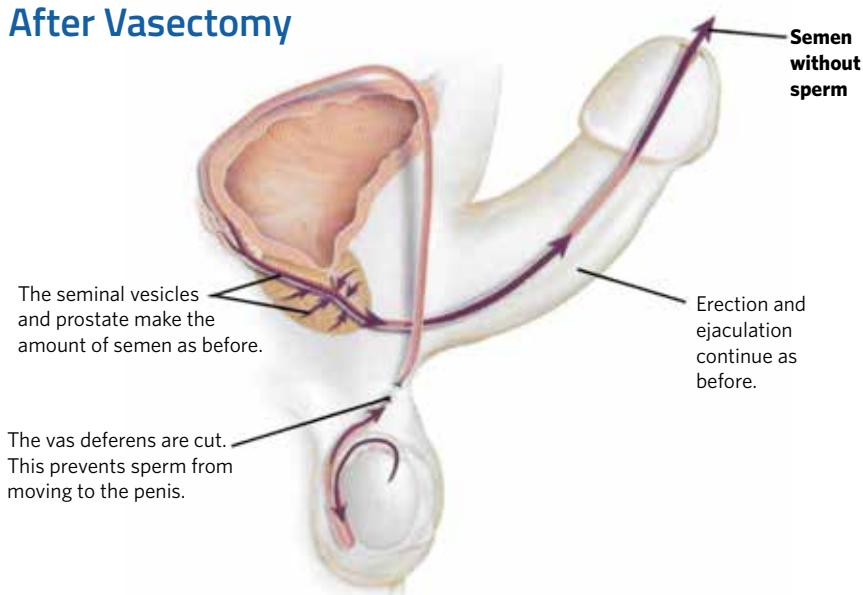


The most frequently asked questions about vasectomies all in one video

In this video, Dr. Herbert User here at AUS, discusses everything a guy needs to know about a vasectomy. He covers what the terms 'no-snip', 'no-scalpel' or 'no-cut' really mean. He describes how the procedure can be virtually pain free, especially with the use of anesthesia, Valium and/or Nitroux Oxide. He also discusses the importance of having a qualified, board-certified urologist perform it.

View the video at: youtu.be/ou4OwCCjux4

After Vasectomy





After Your Vasectomy

Follow all your doctor's advice for what to do at home. You will have swelling and discomfort. There are some simple steps below that you can follow to help this pass quickly.

Recovering at Home

For about a week, your scrotum may look bruised and slightly swollen. You may have a small amount of bloody discharge from the incision. This is normal. To help ease swelling and pain, follow these tips:

- Minimize physical activity for the first 48 hours after the procedure and should avoid any heavy lifting, strenuous exercise for about a week
- Use ice packs or frozen peas intermittently on scrotum after the procedure to minimize risk of swelling

When to Call Your Doctor

Contact your doctor if you are experiencing:

- Fever
- Persistent Pain
- Marked Swelling of Scrotum
- Continuous Bleeding/Drainage from Wound



Most men can resume normal activities four days after the procedure.

- Avoid sexual activity for one week after the procedure; when you resume sexual activity, you **MUST** use other forms of contraception until you have a negative post-vasectomy semen analysis
- Tylenol should be used for pain as needed
- You may shower 24 hours after the procedure but avoid swimming/baths for one week. If there are any sutures, they will dissolve on their own
- Continue using tight fitting underwear for about a week for support



Will a Vasectomy Affect My Sex Life?



A Vasectomy Does NOT Reduce Your Sex Drive

After a vasectomy, your male hormone levels remain the same. So the good news is your sex drive and hair patterns won't change. And neither will the pitch of your voice. Want some more good news?

A Vasectomy Does NOT Mean You Can't Have, or Enjoy Sex

After a vasectomy, you'll still be able to have erections, orgasms and ejaculate normally. After the procedure is complete, ejaculations will continue to be and feel the same as prior to the procedure, but your semen will not contain any sperm. You will no longer be able to impregnate your partner.

We strongly recommend waiting one week before having sex, but it's also dependent on when you feel comfortable. Just remember, the vasectomy procedure has a success rate of approximately 99.8 percent. But you are still "potent" after the vasectomy. Even though the sperm is blocked, there will still be sperm in the semen. It generally takes at least 15 - 20 ejaculations, or 2 months, until your semen samples are considered free of sperm. But it may take longer to flush them all out. So you will still need to practice other forms of birth control until your semen is sperm-free.

We recommend patients get their first semen analysis done about eight weeks after the vasectomy, the second about twelve weeks after surgery. Once two consecutive tests show no sperm, you are considered sterile and will no longer need to use other methods of birth control.

What If I Change My Mind?

A change in your life may make you want to have children, or more children. In such a case, a vasectomy reversal might restore fertility. But it doesn't always mean you'll be able to father a child. Also, the procedure is expensive and may not be covered by insurance. If you choose, you can freeze your sperm before a vasectomy. The sperm are stored in case you decide to have a child later. This approach can also be costly and uncertain.



Consider the Alternatives

Before choosing a vasectomy, you and your partner may have considered other types of birth control. Ask your doctor if you have questions about these other methods.

METHOD	HOW IT'S USED	THINGS TO CONSIDER
Female sterilization (tubal ligation)	Surgery to block a woman's fallopian tubes. Prevents eggs from joining with sperm.	Requires surgery. Procedure is Permanent. More involved and costs more than vasectomy.
IUD (Intrauterine device)	Small device placed in the opening of the uterus.	Prescription needed. Must be placed into the uterus by a doctor. Can have side effects.
Birth control pills, patches, or ring	Medication or devices that stop a woman's egg production, using hormones.	Prescription needed. Can have side effects.
Hormone Injections	Hormones injected every 3 months that prevent a woman from producing eggs.	Prescription needed. Requires regular injections. Can have side effects.
Diaphragm or cervical cap	Small, thin rubber cup placed over the cervix to keep sperm out.	Prescription needed. Should be used with spermicide.
Condoms	Thin sheath over the penis. Semen cannot enter the vagina.	No prescription needed. Latex condoms help prevent transmission of many STDs.
Spermicides	Chemical substances that kill sperm in the vagina. Often used along with other methods.	No prescription needed. Not as effective as many other methods. Allergic reaction possible.
Natural family planning (rhythm method)	Abstaining from sex during a woman's fertile period (5 to 15 days per menstrual cycle)	No prescription needed. Not as effective as many other methods. Talk with your doctor.

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To find out more or make an appointment online, simply take a picture of this QR code with your phone. It will give you a direct link to the Vasectomy section of our website.



Scan me



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