

**SPRUCE PRO FAMILY CLINIC**  
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## **PATIENT INFORMATION REGARDING VASECTOMY**

### **What is a vasectomy?**

A traditional vasectomy involves the use of a scalpel to make two incisions in the skin of the scrotum so that the vas deferens can be severed to prevent sperm from entering the seminal fluid (ejaculate). Vasectomy is now done by a single small skin incision in the median raphe of the scrotal skin. The traditional method requires more anaesthesia (needles sticks) and the risks of infection and bleeding are higher.

### **Is vasectomy painful?**

Most men feel little, if any, pain with the no-scalpel vasectomy. There is mild discomfort with the application of anaesthesia. You may experience a slight tugging sensation during the procedure. The effects of the anaesthesia will last several hours and this will allow you to go home, lie down, and apply an ice pack. There will be a small amount of swelling that may last for 3 to 7 days.

### **Will I need to miss work?**

We recommend that you remain sedentary for 2 days following your vasectomy. You should avoid heavy lifting and strenuous exercise for one week.

### **Am I immediately sterile?**

No. Sperm will continue to be produced for many years, but these are broken up by the body and absorbed, you will be sterile after 30 ejaculates (which is in average 3-4 months of regular intercourse).

### **Will there still be semen fluid?**

Yes. The prostate and seminal vesicles make the bulk (95 %) of the fluid and they are not interfered with. Therefore semen will still be produced, minus the sperm.

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### **What are the chances of my vasectomy failing?**

Occasionally, there is an extra tube and sometimes there is recanalization that may occur in less than 1 per 2000 patients. This rare complication means that you are NOT sterile and can be diagnosed by the presence of sperm in the post-vasectomy specimens.

### **What are the possible complications?**

As with any surgery, regardless of how minor, there are risks of bleeding, pain, and infection. This is exceedingly rare with the no-scalpel approach and occurs in less than 1 in 2000 patients. Occasionally, tender swelling at the end of the vas may occur. This is called a sperm granuloma. In most cases, no treatment is required.

### **Are there long term health risks associated with a vasectomy?**

No. Vasectomies were first performed in the USA during the late 1930s. Many studies have since looked at the lasting health effects and found no long term health risks associated with vasectomy. In 1993, a panel assembled by the National Institute of Health reaffirmed the conclusion of most medical experts

that vasectomy is safe. Evidence to date for the possibility of increased atherosclerotic risk and cardiovascular effects are inconclusive.

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### **Will a vasectomy affect my sex life?**

Your vasectomy will have no effect on your erections, ejaculation ,sex drive (libido), hormone levels (testosterone )or performance in any way. Some feel intercourse is more spontaneous when there is no fear of unwanted pregnancy.

### **When can I resume sex?**

Most patients resume intercourse within the first week following their vasectomy. You must continue to use some form of effective birth control until a post-surgical semen test shows that no sperm are present.

### **Is my vasectomy reversible?**

In most cases, the vasectomy can be surgically reversed. The success rate depends on the number of years that have passed from the time of your vasectomy to the time of reversal. The procedure is quite expensive and requires several hours of microsurgery. A vasectomy should be considered as a permanent form of sterilization.



**VASECTOMY POST-OPERATIVE INSTRUCTIONS**

**DIET** You may return to your normal diet as soon as you arrive home.

**ACTIVITY** Your physical activity should be restricted the first 48 hours. During this time period, you should remain relatively inactive, moving about only when necessary. After the first 2 post-operative days, you may return to work, but should avoid heavy lifting (anything greater than 15 lbs) and also avoid strenuous exercise for 7-10 days

You must wear tight briefs for the first several days, even while sleeping. This keeps the scrotum immobilized and helps prevent swelling.

Ice packs could be placed on top of your jockey shorts 15-20 min / 2 hours but not in direct contact with your scrotum. Using ice or frozen peas in a zip-lock bag works best and is a good pain reliever as well as helping to reduce swelling. Ice should be used whenever possible for the first 2 days.

**NOTE:** Commercial freezing products such as blue ice are **NOT** to be used next to the skin. These products are much colder than ice and can cause skin damage.

It is recommended that you wait at least 7 days before resuming sexual activities. You may resume intercourse if you are not having discomfort. Having ejaculations too soon after vasectomy may increase the chance of minor problems.

**WOUND** Some bruising or minor oozing from the skin opening, swelling, or mild tenderness of the scrotum are not unusual. It is also not unusual to see occasional blood staining the semen with the first several ejaculations following a vasectomy.

**SUTURES** In most cases, your skin opening will have one dissolving suture and the wound will close spontaneously in one week. The suture will dissolve within the first three weeks.

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**You will be asked to bring in your first post-vasectomy semen sample approximately 3-4 months after your vasectomy (at least after 30 ejaculates ) It is important that you continue to use some form of birth control until you have had this test and are found to be free of sperm**