

WHO IS SUITABLE FOR A VASECTOMY?



Vasectomy is an appropriate procedure for men who:

- Are certain that they never want to have children
- Already have children but have decided that they do not wish to have more
- Have a serious health concern that is known to be genetic, and therefore do not wish to pass this on.

WHAT ARE THE ADVANTAGES OF HAVING A VASECTOMY?



- Vasectomy is considered to be a safe and permanent contraceptive solution
- It does not affect a man's libido, ability to have an erection or to ejaculate
- The procedure itself is relatively quick and simple

with fast recovery time

HOW IS A VASECTOMY PERFORMED?



The vasectomy procedure usually takes between 15-30 minutes

At Melbourne Urology Centre the procedure is safely performed under sedation or a quick general anaesthetic

A small 5mm incision is made on each side of the scrotum so that the surgeon can access the vas deferens

The surgeon locates the vas deferens tubes, cuts them and removes a small piece of tissue

The ends of the tubes are tied and sealed using diathermy to prevent them joining back together

WHAT TO EXPECT AFTER A VASECTOMY?



Following the vasectomy, there will be some minor

pain, possible swelling and bruising in the groin area and scrotum

If you have had intravenous or general anaesthetic, you will need someone to drive you home and you will not be permitted to drive for 24 hours following the procedure

Most usual activities can be resumed within just a couple of days, with the exception of strenuous exercise and heavy lifting, which should be avoided for a week or as advised by your surgeon.

PROCEDURE OUTCOMES



Vasectomy is the safest and most effective form of permanent contraception

It is very important to note that vasectomy is not effective immediately

It takes 2-3 months and up to 20 ejaculations to clear the sperm from the vas deferens; during this time you will still need to use other forms of contraception

A post-vasectomy semen test is required as a follow-up to confirm that the procedure has been effective

Vasectomy does not provide any protection against

sexually transmitted infections (STIs).

POST-OPERATIVE CARE INSTRUCTIONS



What to expect:

Minor bruising may be present on the skin

Minor bleeding may be present from the wound.

You can wear a light pad in your underwear if necessary

Scrotal discomfort should resolve within a week

Suture material is dissolvable and may take a few weeks to dissolve.

Return to activity:

Driving – no driving for 24 hours

Work – you will require some time off work; the duration will depend on your occupation.

Generally, you may return to light duties after 24-48 hours

Lifting – avoid heavy lifting for a week following your procedure to minimize secondary bleeding

Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your

procedure

Sex – avoid for 48 hours or until you feel comfortable. *Vasectomy is not effective immediately. You must use another form of contraception until you are given clearance from your doctor*

You can shower after 24 hours but avoid soaking in the bath for at least one week. Your wound must remain clean and dry.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

How long before I am sterile?

It usually takes between 2-3 months (and at least 20 ejaculations) to achieve sterility. A semen check is performed to confirm this and you must use another form of contraception until you are advised by your Urologist.

Call our rooms if:

You have severe bruising or swelling- this may be due to secondary bleeding

Fevers, chills or shakes (may indicate infection)

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 2-3 months after your procedure

Your follow-up appointment is on:

_____ at _____.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website

melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Vasectomy Post-Operative Care Instructions](#)

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Sharlip, I.D., Belker, A.M., Honig, S., Labrecque, M., Marmar, J.L., Ross, L.S., Sandlow, J.I., Sokal, D.C., (2012), Vasectomy: AUA Guideline, The Journal of Urology, 188(6),

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