



Colorado Mountain Medical

Doctors you know and trust

*A partner of Vail Health*

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## VASECTOMY INFORMATION PACKET

It is important that you are at our office 20 minutes prior to your scheduled procedure. Please arrive on time and allow up to 90 minutes for the appointment. If you are late for any reason, we will cancel your procedure so that the next patient can make their scheduled appointment.

### Vasectomy Information

A vasectomy is a simple surgical procedure done in the office for *permanent* sterilization. The surgeon removes a small portion of the vas deferens (the tube that transports the sperm from the testicle to the penis). There are usually two vas deferens, one for each testicle.

*Making your decision.* Do not have a vasectomy if you have any doubts in your mind about wanting to father children in the future.

### Procedure Information

A vasectomy consists of making one or two small incisions (about ¼- to ½- inch) in the scrotum and then removing a part of the vas deferens from each side. Lidocaine is used for local anesthesia in the scrotum.

Occasionally, requests are received from patient's relatives and friends to be present in the procedure room during the vasectomy. **It is our policy that relatives and friends remain in the waiting room during the procedure.**

### Preparing for the Vasectomy

Before coming to the medical office for your procedure, the following must be done:

- ☐ **DO NOT take aspirin or NSAID medications (such as Advil, Aleve, Naproxen, Excedrin or Ibuprofen) for at least 7 days prior to the procedure.** Aspirin and

NSAIDs can increase the risk of bleeding during the procedure. Acetaminophen (Tylenol) is okay to take.

- ☐ **If you are taking Coumadin or Plavix (or any other prescription blood thinner), you will need to coordinate with your primary care physician for instructions on stopping and restarting before and after the vasectomy.**
- ☐ Arrange for someone to drive you home.
- ☐ Plan for three (3) days of rest and inactivity (bed-rest) after your vasectomy.
- ☐ Shave the top and front of your scrotum, especially the area where the penis joins the scrotum. Do not use hair removal products or an electric shaver.
- ☐ Shower immediately prior to the procedure with antibacterial soap.
- ☐ Buy a snug fitting scrotal support, such as an athletic supporter or jock strap, and bring it with you. They are hard to find in our area, so we recommend trying [jockstraps.com](http://jockstraps.com)
- ☐ Call us if any unexpected problems arise (cold, flu, infection, etc.)
- ☐ Tell us of any bleeding disorders or problems with blood clotting that you have.
- ☐ Do not fast. Please eat something before your appointment.

### **After the Vasectomy**

Your inactivity after the surgery is extremely important, both for your own comfort and to help prevent complications. Go home immediately after surgery and rest in bed as much as possible. Keeping the legs and hips elevated above the heart will help keep swelling and pain to a minimum. Proper management of swelling, as well as remaining at bed rest for three days following the procedure will greatly improve your healing and shorten your recovery. If you are up too much or if you strain yourself (lifting, stretching, etc.), you will increase the risks of bleeding and swelling within the scrotum.

It is normal for the testis to be tender and sensitive for several weeks after your vasectomy. However, pain medications are usually not necessary. Please do not use aspirin or aspirin compounds for at least five days after the surgery. This will help reduce the risk of bleeding. Tylenol (acetaminophen) is okay to take.

The sutures will dissolve or fall out in about 4-6 weeks. They do not need to be removed. Please keep the incisions dry for at least 12 hours. After this time, you may shower. Showering is recommended until the sutures are out. Do not tub bathe until you notice that the sutures have dissolved or fallen out.

Do not have sex for one week after your vasectomy.

*The vasectomy will not be effective immediately. There are still sperm in your system that can cause pregnancy. It will take at least 15 to 20 ejaculations and 8 to 12 weeks of healing before these sperm are eliminated. Please do not assume you are sterile. During this waiting period, we recommend you use other forms of birth control to prevent pregnancy.*

*A semen analysis (to test for any remaining sperm) should be performed after 12 weeks, and during those 12 weeks it is recommended to have done at least 20 ejaculations. Sometimes*

*even after 12 weeks, a semen analysis still shows sperm. If this is the case, the doctor will recommend a repeat semen analysis, usually several weeks later. We advise you contact Vail Health and your insurance to see how much the semen analysis will cost as it may/may not be covered. The number to contact Vail Health lab is 970-479-7280.*

### **Wound Care**

The day after surgery, begin cleaning the wounds twice a day. First, clean the wound with antibacterial soap; then, apply a small amount of antibiotic ointment (such as Neosporin or Polysporin) with your finger. No other dressing is required.

If you have no other apparent problems three days after surgery, you should slowly be able to resume your normal activities, but please be cautious. Most of the healing takes place during the first week and the wounds may take as long as six weeks to heal completely.

### **Sexual Function**

A vasectomy should NOT have any observable effect on you.

- ◆ Ejaculation: The testicles contribute only the sperm in the ejaculate and this comprises about 2% to 5% of the total ejaculate volume. The remainder is from the seminal vesicles, prostate, and urethra.
- ◆ No changes in your ability to have an erection or have intercourse.
- ◆ **NOTE: Do not have sex for one week after your vasectomy.**

### **Complications**

ANY surgery involves the risk of complications. It is extremely important you understand that complications resulting from scrotal surgery may be difficult to correct and may take weeks or months to heal.

The major complications resulting from the vasectomy are:

- ◆ Re-canalization: the ends of the vas deferens will try to join back together as they heal. If this happens, you will still be fertile. The chances of this happening are less than 1%.
- ◆ Bleeding: this can happen even though the surgery has been preformed correctly. If bleeding does occur, one or both sides or the scrotum can enlarge 2 to 3 times their normal size, and it may take weeks or even months for the swelling to disappear.
- ◆ Chronic pain: some patients develop a dull, aching pain that is permanent. This may not start until 6-12 months after the vasectomy. This pain can result from sperm forming cysts that can enlarge and swell intermittently after the surgery.
- ◆ Infection: as with bleeding, an infection in the scrotum or its contents may take weeks or even months to heal.

The overall risks of these problems developing are 3% to 5%, but your cooperation postoperatively (bed rest for 2 to 3 days and scrotal support) can minimize this risk.

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Be sure you have read this information completely before coming in for a vasectomy. If you have further questions or any hesitation about this procedure, please call and reschedule your appointment for a vasectomy consultation. Please bring your partner to this consultation so that your doctor may speak frankly about the procedure to both of you and answer any of your concerns.