

Vasectomy is a safe and effective form of permanent birth control. It is considered a minor surgical procedure. While a reversal procedure exists, there is no guarantee that it will work and vasectomy must be considered **permanent**. No-scalpel vasectomy has been shown to cause less bleeding and fewer complications than traditional vasectomy.

PREPARATION FOR THE PROCEDURE >

Medications to avoid prior to the procedure

Any medications that affect bleeding should be stopped prior to surgery. The following medications should be stopped 7 days prior to surgery: ASA (Aspirin/Entrophen), warfarin (Coumadin), clopidogrel (Plavix), dipyridamole (Aggrenox), ticagrelor (Brilinta), ibuprofen (Advil/Motrin) and other non-steroidal anti-inflammatories (NSAIDs). The following medications should be stopped 72 hours prior to surgery: dabigatran (Pradaxa), rivaroxaban (Xarelto) and apixaban (Eliquis). If you have any questions about your medications prior to surgery, please contact your surgeon.

Diet prior to the procedure

You may eat your normal diet up until surgery. You may want to avoid a heavy breakfast if your procedure is in the morning or a heavy lunch if your procedure is in the afternoon.

THE PROCEDURE >

In the procedure room

Vasectomy is performed under a local anesthetic, meaning you will be awake for the operation. You will receive freezing in the scrotum. The procedure typically takes 10-20 minutes.

Potential risks and complications

Although the procedure is very safe, a number of potential risks exist. These include the following:

- Bleeding
- Infection
- Chronic testicular pain
- Sperm granuloma (a tender lump in the scrotum)

- Early vasectomy failure (the procedure never works)
- Late vasectomy failure (the procedure was successful, but months to years later, there is a return of sperm to the ejaculate)

WHAT TO EXPECT AFTER THE PROCEDURE >

During your stay in hospital

- **Length of hospitalization:** You can return home the day of your surgery.
- **Pain:** You may experience some mild discomfort after surgery around the scrotum. This can be treated with pain medications by mouth.
- **Diet:** You will be able to resume your normal diet of your procedure.
- **Ambulation:** You are encouraged to take it easy after your procedure. It is preferred to have someone drive you home from the hospital.

After leaving the hospital

- **Pain:** You may experience some mild discomfort around your incision or in the testicles. This can usually be controlled with acetaminophen (Tylenol) and ibuprofen (Advil, Motrin.) You will be given a prescription for a stronger pain medication in case it is needed.
- **Showering:** You may shower the day after your vasectomy. Do not soak your incision. Carefully dry your incision following a shower. You may not take a bath or swim for 2 weeks after your procedure.
- **Activity:** You are encouraged to relax for 48 hours after the procedure with an ice pack or bag of frozen peas placed on the scrotum (over the underwear) for 10-20 minutes then off for 10-20 minutes. You should avoid heavy lifting, sports or vigorous activity for 1 week. Sexual activity should be avoided for 1 week.
- **Incision:** Your incision will have been closed with stitches. These will dissolve on their own after several weeks and do not need to be removed. You may remove the dressing on your scrotum after 24 hours.
- **Diet:** You may resume your normal diet once you have returned home from hospital.
- **Work:** Most people can return to work 48 hours after the procedure.
- **Follow-up appointment:** You will need an appointment to visit your surgeon 3 months after your procedure to see how you are healing and to tell you if the procedure was a success. You will need to perform a semen test 2 weeks before your appointment. Please call your surgeon to schedule this appointment if it has not been done for you before your discharge from hospital. **You may NOT stop using other forms of birth control until you have been told by your surgeon of a successful result.**

WHEN TO SEEK MEDICAL CARE >

Contact your surgeon if you experience any of the following after surgery:

- Increased bleeding from your incision
- Severe pain not controlled with medications
- Increasing redness or swelling around your incision
- Unexplained fever over 38.5 degrees Celsius / 101 degrees Fahrenheit
- Very bad smell coming from your incision

Proceed immediately to the emergency room if you experience any of the following after surgery:

- Difficulty breathing or shortness of breath
- Severe lightheadedness or feeling faint
- You have a serious concern and are unable to contact your surgeon