

VASECTOMY

How is a Vasectomy performed?

A very small cut is made in the skin on each side of the scrotum through which the vas (sperm tube pathways) are divided and cut.

The incision in the scrotum is closed with dissolving stitches.

Vasectomy is performed as a Hospital day case under general and local anaesthesia and takes approximately 30 minutes.

What to expect following surgery:

There is often post-operative **bruising** of the skin of the scrotum, and you may be sore for a few days. Wearing firm underpants for one week will support and relieve the healing process.

You may experience tenderness and swelling at the underlying surgical site, which is usually worst around about the third day after the procedure.

Sensations are often felt more in the groin or lower abdomen than in the scrotum, and this is normal. Intermittent sensations can be perceived while additional healing takes place.

Sutures **will dissolve** in between 2-3 weeks. The dressing can come off the next day and you are free to shower.

Avoid strenuous activity and heavy lifting for 2 weeks.

We suggest taking 2 days off work following the procedure.

Vasectomy is a well-tolerated procedure. The acute recovery period from Vasectomy is generally over the course of one week, and you may return to most activities within a few days.

Panadol (or stronger medication) may be taken and the Doctor will discuss pain relief options with you.

A post-operative review with the Doctor will be made 3 weeks following Vasectomy to assess the wound and healing process, and again in 3 months with a semen analysis test.

Sterilisation:

It surprisingly, takes a long time to clear the sperm from the vas after a Vasectomy. On average, it takes about 3 months (80% of men).

YOU ARE NOT STERILE UNTIL STERILITY CAN BE CONFIRMED VIA SEMEN ANALYSIS!

There is a 1 in 10,000 risk of pregnancy following vasectomy, caused by the ends of the vas re-joining.

Sexual function following Vasectomy:

It is safe to have sex once the discomfort of the procedure has settled (usually 2 weeks).

You will require some form of contraception, as you are still fertile within the 3 months post-operatively.

Post-operatively, your desire for sex will remain unchanged. The hormone level of testosterone will be the same. The ejaculate will look and smell the same – sperm only contribute 1% to the ejaculate.

Reversibility:

Technically, a Vasectomy is reversible. Re-joining the two cut ends is possible, but it is a much more **expensive** (\$20k+) and involved procedure. Success largely depends on the time elapsed since the Vasectomy; pregnancy rates after vas-reversal at 5 years are greater than 60%, reducing to 30% at 10 years.