When to Call Your Doctor

Call your doctor if you notice any of the following after surgery:

- Increasing pain or swelling in your scrotum
- A large black-and-blue area, or a growing lump
- Fever or chills
- Increasing redness or drainage of the incision
- Trouble urinating

VASECTOMY
INFORMATIONAL BROCHURE
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Healing

Recovery time after a no-scalpel vasectomy is usually less than after a traditional vasectomy. Once you're home, you can do several things to aid your recovery:

- Stay off your feet as much as possible for the first day to lessen the chance of swelling. An ice pack can also help keep swelling down.
- Wear snug cotton briefs for support.
- Avoid heavy lifting or exercise for at least 5 days.
- Ask your doctor when you can return to work.
- Ask your doctor when you can begin having sex again.

Note: You must use some form of birth control until your doctor says you're sterile.

Possible Risks and Complications

A no-scalpel vasectomy usually involves less swelling and bleeding than a traditional vasectomy. But even a no-scalpel vasectomy still has risks, including bleeding and infection. You may also have any of the following after surgery:

- Sperm granuloma is a small, harmless lump that may form where the vas deferens is sealed off.
- Sperm buildup (congestion) may cause soreness in the testes. Anti-inflammatory medications can provide relief.
- Epididymitis is inflammation that may cause scrotal aching. This often goes away without treatment. Anti-inflammatory medications can provide relief.
- The vas deferens reconnect in rare cases. This makes you fertile again and can result in an unwanted pregnancy.
- Sperm antibodies are a common response of the body to absorbed sperm. The antibodies can make you sterile, even if you later try to reverse your vasectomy.
- Long-term testicular discomfort may occur after surgery, but is very rare.



No-Scalpel Vasectomy

Permanent Birth Control for Men

NORTH IDAHO urology

North Idaho Urology has been serving the Northern Panhandle for almost 50 years.

Your Reproductive System

To understand how a vasectomy works, you need to know how sperm are produced and released by your reproductive system.

- Penis
- Scrotum
- The seminal vesicles and the prostate gland secrete fluids (semen) to carry sperm along.
- The vas deferens are tubes that carry the sperm from the testes to the penis.
- Testes are glands that produce tiny sperm from male reproductive cells.

Before vasectomy
sperm are released out of the penis during ejaculation.

After vasectomy
the cut vas deferens keeps sperm from reaching the penis. Note: For several months after the procedure, some sperm may remain in the upper portion of the vas deferens.

How a Vasectomy Works

When you have a vasectomy, the two vas deferens are cut to keep sperm from traveling from the testes to the penis. This is the only change in your reproductive system. The testes still produce sperm, but since the sperm have nowhere to go, they die and are absorbed by your body. Your prostate and seminal vesicles still produce fluids, so your semen doesn't look or feel any different. Your male hormone level stays the same, so your hair distribution, the pitch of your voice, and your sexual drive don't change.

Until You're Sterile

After a vasectomy, some sperm remain in your semen. Because sperm are often trapped in the upper part of the vas deferens, it takes a few months before you're sterile. A postoperative semen exam can tell you when no sperm are left in your semen. It's absolutely essential that you continue to use another method of birth control after your vasectomy until your doctor tells you that your sperm count is zero.

A Permanent Decision

A vasectomy is a safe, simple, and effective surgical procedure that makes a man sterile (unable to father a child). "No-scalpel" is a special technique for performing vasectomy that often results in less swelling and pain than the traditional method. Any vasectomy is a serious step to take and should only be considered permanent. You and your partner must be absolutely sure that you won't want children in the future.

Preparing for the Procedure

Don't take any aspirin, ibuprofen, or naproxen for two weeks before your vasectomy, and tell your doctor about any other medications you take. The day of your surgery, shower and thoroughly clean your scrotum. Your doctor may also ask you to shave your scrotum. Bring a pair of snug cotton briefs or an athletic supporter with you to the doctor's office or hospital. If you're nervous before your surgery, you may be given some medication to help you relax.

The Procedure

The no-scalpel procedure is similar to a traditional vasectomy in many respects, but it's done without incisions or stitches. This results in less bruising and faster healing.

Procedure causes permanent sterilization. The procedure can be performed using NITROUS OXIDE (laughing gas), which is extremely effective in relieving anxiety and providing pain relief.

During the Procedure

You'll need to undress and lie on the exam table. Your genitals are placed over your abdomen. Then, the doctor gives you injections of anesthetic into your scrotum or lower groin to keep you from feeling pain. Once the anesthetic takes effect, the doctor makes one or two punctures in the scrotum with a pointed clamp. The two vas deferens are lifted through this puncture. The vas deferens are cut, and a section of each may be removed. You may feel a pulling sensation during this process. The two cut ends are sealed by heat (cauterized) and may also be tied or clipped. The puncture heals naturally without stitches.

After the Procedure

If you've been given medications to help you relax, you'll need to have an adult drive you home. The local anesthetic begins to wear off after an hour or so. Any discomfort you feel is usually very mild. If you need it, an over-the-counter pain reliever may help.