

## **Vasectomy**

Once a man or a couple decides to not have more children, they usually consider permanent contraception. Vasectomy is a safe and very effective form of permanent birth control for the man. The counterpart procedure for women, tubal ligation, is more invasive and is potentially more complicated.

Vasectomy is a minor surgical procedure that makes a man permanently unable to father a child by keeping sperm out of the semen. Sperm are made in the testicles. They pass through two tiny tubes called the vas deferens to other glands and mix with seminal fluids to form semen. Vasectomy blocks each vas and keeps sperm out of the seminal fluid. The procedure involves dividing and sealing the two tubes that carry the sperm from the testicles to the seminal fluid. After the procedure, semen will no longer contain sperm. For your convenience and comfort, this procedure is performed in the office in a private, relaxing environment instead of a hospital clinic or operating room.

### **No Scalpel” versus Conventional Vasectomy**

A conventional vasectomy involves opening the skin of the scrotum with an incision of approximately 2 ½ cm in length made by a scalpel. Often two incisions are made (one on the left and right of the scrotum) and each vas deferens is identified and interrupted through each of the incisions made. The incisions are closed with a suture or stitch at the end of the procedure.

At the So Simple Vasectomy Clinic, we use the “No-Scalpel” vasectomy method. The “No-Scalpel Vasectomy” involves making only a single opening in the midline of the scrotum. The opening is made by piercing the skin and gently stretching it open to identify the vas. At the end of the procedure, a gentleman is left with only a single small opening of approx. 0.5 cm which requires no suture. So the main difference is in how the vas has been identified in entry through the skin. Because the skin and tissues just under the skin are pierced and stretched, these tissues are less traumatized. As a result, there is less bruising, less swelling, and less discomfort leading to shortened healing time and reduction in the risk of complications.

A final decision to have a vasectomy should be a fully informed decision. If you have additional questions after reading through our website and wish to have more information, or you are still unsure about having the procedure, please book a consultation appointment. Your consultation explains the procedure along with its’ risks and benefits, and potential complications. Also, your initial assessment ensures that there are no reasons as to why you should not have a vasectomy.

Most men are very confident of their decision and choose to have their consultation and vasectomy procedure done on the same day. We can accommodate this service.

## **Registration**

In order to register for an appointment at our clinic, we require a Referral from a referring physician. Please have a copy of your referral faxed to our office at 905-338-7863.

You may send us an email once your referral has been faxed to our office. Please include in your email your name, date of birth and phone number where we can contact you. Please allow 1-2 weeks for us to contact you to book an appointment directly with you. We are currently booking procedures several months in advance.

## **Cost**

OHIP covers the cost of your consultation with the doctor, your procedure and the laboratory costs to analyze your post-vasectomy semen analysis test. Our Supplies/Services package is available to purchase when you arrive at the clinic.

## **Cancellation**

We take a Master Card or Visa number when we confirm your appointment for your procedure. There is no charge on your credit card unless you give us less than the minimum of **2 business days notice** to cancel or change your appointment. Failure to give us minimum notice would result in a fee of \$150.00 payable on your credit card at the time of cancellation. Failure to show for your procedure would be a cost of \$200 payable on your credit card.

## **Preparation for Your Vasectomy**

- Stop taking aspirin/ASA or any blood thinner product for 5-7 days prior to your procedure. This is **very important** so there are no complications for your procedure. (Tylenol, Motrin and Advil are safe medications.) Dr. De Bolster reserves the right to post-pone and reschedule your procedure for medical reasons if you take aspirin/ASA in this timeframe. If this is the case, you will be billed for the late cancellation fee.
- Shave the hair from the base of your penis and your scrotal sac. We recommend shaving the day before your procedure. Please shave the last couple inches of the base of your penis and your complete scrotal sac. Please shave clean as you would shave your face.
- Please wear a brief style or boxer brief underwear to your appointment.

- Have something light to eat before you come for your procedure. You do not need to fast.
- If possible, have someone available to drive you home following your procedure. This is not mandatory. This is because occasionally a man may feel light-headed after his procedure.
- You may take a sedative if you are feeling anxious or nervous. This is available from our clinic at your request. The medication will help you to relax.  
**IF YOU TAKE A SEDATIVE, YOU MUST HAVE A DRIVER FOR YOUR APPOINTMENT.**
- Arrive for your appointment on time. Make sure you bring your valid health card with you.

### **Post-Operative Instructions**

The anesthetic will wear off in the next 1-2 hours. When you get home, you should change the gauze dressing and place a dime-size amount of antibiotic ointment to the skin opening and replace the gauze. Tylenol or Motrin (Ibuprofen) can be used to alleviate any discomfort. It is important that you rest quietly at home that evening as this will reduce the risk of bleeding into the scrotum, swelling, and will reduce discomfort.

The ice-pack should be re-applied for 10-15 minutes every 1-2 hours for the next 24 hours (except when sleeping). After that, use an ice pack for comfort as needed.

The following morning you may take a shower. It is a good idea to apply the antibiotic ointment prior to your shower as this will repel water. Also, you may resume light activities. Please refrain from having a bath, swimming, or sitting in hot tubs for 5 days following your procedure. Over the next several days, you may increase your activities, returning to work in 2-3 days and participating in sports in 7 days. (Sexual activity may be considered a sport!)

The effect of your vasectomy is not immediate so you should continue to use another form of contraception. Residual sperm is present in the seminal fluid and approximately 20 ejaculations are required to remove all of the sperm. We request that you bring in a fresh semen sample to your local laboratory approximately 12 weeks following your vasectomy. You will receive the results of this test and if the results are “all clear”, you will have had a successful vasectomy experience and no other form of contraception is needed.

Following your procedure, you will be given a lab requisition and instructions for submitting your sample. Please put your requisition in a safe place so you will be able to find it when you are ready for your test.

## **Post-Operative Complications**

A vasectomy is a simple and well-tolerated operation; however, minor complications are not uncommon. Bleeding may occur from the small blood vessels around the vas. This often results in slight bruising and swelling of the scrotum. This is usually minimal and does not require any specific treatment but may delay your return to full activity. In the most severe form, the scrotum can swell to a larger size and may require two to three weeks to resolve. The “No-Scalpel” technique minimizes this.

It is not uncommon to experience a slight amount of blood in your ejaculate. This may occur in the first few weeks after your vasectomy. This is usually short-lived and will most often resolve after several ejaculations without any treatment.

Superficial infection of the opening can also occur. This can often be avoided by keeping the area as clean as possible and by applying antibiotic ointment.

A vasectomy has no effect on your sexual desire, potency or enjoyment. There is no visible difference in the ejaculated semen since only a very small proportion of this is made up of sperm.

Episodes of pain and swelling adjacent to the testicle can occur months or even years after a vasectomy in a small proportion of men. This is due to a sperm granuloma. This is self-limiting and usually resolves within a week or two.

Most men will experience some post-procedure discomfort for the first few days. In 95% of men, this is completely resolved within one week. Approximately 5% of men will go on to experience discomfort for up to 4-6 weeks. No specific treatment is required. Of the 5% of men who have extended discomfort, 1:1000 men will continue to experience post-vasectomy discomfort for a longer or extended period of time. This is often referred to as chronic post-vasectomy pain syndrome. In most cases, no specific treatment is needed and symptoms usually resolve over time. Extensive clinical research has been done; none of which indicates any significant male health problems related to a vasectomy. Millions of vasectomies have been done in North America over the past 50 years and the safety of this operation appears to have been well established.

## **Failures**

Recent modifications in the technique of a vasectomy have significantly reduced the chance of failure to well under 1 in 1,000; however, the success rate will never be absolutely 100 percent. Sperm seen in the follow-up semen analysis is an indication of failure requiring the vasectomy to be repeated. A semen analysis with no residual sperm; however, does not guarantee that a failure may not occur even several years after the procedure. There is a remote possibility that the separated ends of the vas will re-attach at a future date. The chance of this happening is so low that further follow-up semen analysis over a prolonged period of time is not considered necessary or practical.

## **Reversibility**

A large proportion of vasectomies, but not all, can be reversed using microsurgical technique. It is still important, however, that you regard a vasectomy as permanent sterilization and postpone the surgery should you have any doubts or second thoughts.

## **Conclusion**

Vasectomy is a safe and very effective form of permanent birth control. It is the choice of thousands of men each year throughout the world. The method of the No-Scalpel Vasectomy is particularly beneficial because it is so simple and safe.

The *So Simple Vasectomy Clinic* offers prompt, personal and professional care for those seeking this treatment.

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