

# Vasectomy 101



What to Expect Before, During, and After

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## Introduction

Since you're reading this, you are probably strongly considering a vasectomy as a way to enjoy sex without the risk of pregnancy. You may feel nervous or hesitant to get one or have questions and concerns about how they work, what benefits they have, and what risks are involved.

In this guide, we hope to address most (if not all) of your questions and concerns. We are also available to answer questions in a free, no pressure consultation to help you learn as much as you need to decide if a vasectomy is right for you.

## Part 1: Before the Vasectomy

While a vasectomy is sometimes reversible, it requires surgery and is not guaranteed to succeed, so assume that your vasectomy will be a permanent result. In other words, this is a big decision, so choose well!

That being said, consider the following as you decide whether or not a vasectomy is your best option for birth control.

### Determine If You Want More Kids

Take some time to think through whether or not you may want to expand your family in the future, because after a vasectomy pregnancy will not be an option. If you are 100% sure that you're done having kids, then a vasectomy could be a great option for you.



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## Consider Alternatives

Spend some time looking at other birth control options to make sure that a vasectomy is your best one.

There are many alternative birth control methods, each with their pros and cons. Most options require ongoing use, though there are a few permanent alternatives, such as a female hysterectomy.

**Of all the birth control options, vasectomies provide the best combination of price, effectiveness, and safety.**

## Get a Free Consultation with a Doctor

If you feel it will help you make your decision, talk with an experienced physician to ask questions, overcome any concerns that you may have, and determine if a vasectomy is right for you.

## Decide with Your Partner

If you are in a committed long-term relationship, make sure that you and your partner are on the same page concerning sex and children. You wouldn't want to unintentionally drive a wedge in your relationship if your partner doesn't agree with your choice to get a vasectomy.

## Part 2: During the Vasectomy

After weighing out your options, if you decide to get a vasectomy as a permanent birth control solution, here's what you can expect at the doctor's office.



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Remember that this is a **minor** procedure that only takes between 15-45 minutes!

### Brief Anatomy Overview

A quick review of the male reproductive system will help explain how and why vasectomies work.

First, your testicles create sperm, which is carried up two tubes (called vas deferens) where it joins semen (created in the prostate and seminal vesicle). Sperm only makes up about 1-5% of the semen fluid that is ejaculated during sex.

A vasectomy blocks sperm (more on this later) from passing through the vas deferens and into your semen, thus preventing it from ever ejaculating and fertilizing a female egg. After your tubes are permanently blocked, your body still produces sperm, but it is safely absorbed back into your body.

### Brief History

Vasectomies have become popular since the 1950s. Over time, doctors have improved the procedure dramatically to where it is completely safe. Over 500,000 vasectomies are performed each year in the U.S.



### Preparing for the Doctor's Appointment

You'll be a little sore and tender after the procedure, so it's best to have a friend or family member handle the driving. Wear sweats or comfortable pants to avoid groin pressure. You'll need to fill out the necessary consent form and paperwork at the office to allow the doctor to perform the procedure.

### Operating Preparation

Once you're with the doctor, you will change into a medical gown and lie on an



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operating table. Though partially naked, you'll be treated with respect and covered with an operating cloth that only exposes your penis area. Your testicles and scrotum are cleaned with antiseptic and shaved (if they aren't already).

### Sedation and Pain Killer

Next, if you are feeling strong anxiety or nervousness, you may choose to be consciously sedated (completely optional), which makes you sleepy and calms your nerves but lets you stay awake. Complete sedation is also an option, but not necessary unless you desire it.

Local anesthetic is applied to your scrotum to minimize pain during the procedure. You will feel a sharp sting during the shot but won't feel much (if any) pain during the procedure itself. Many men describe the pain as slight or minor.

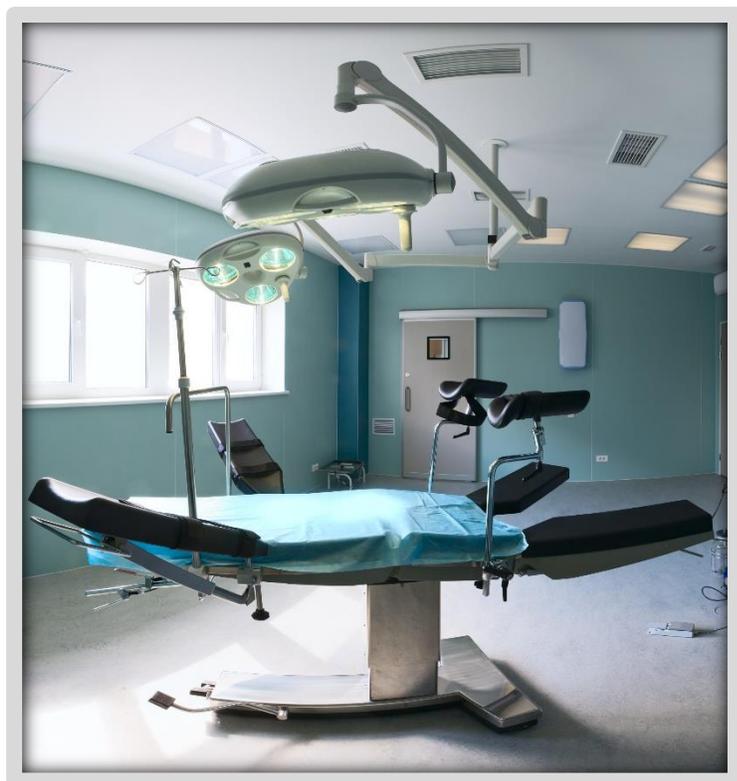
### Vas Deferens Located

Your vas deferens (the tubes that carry sperm from your testicles to your semen) are felt by the doctor and gently held in place.

Next, the procedure will vary based on which of the two types of vasectomy that you choose.

### Option 1: Scalpel Vasectomy (Traditional)

1. A small incision is made in the scrotum near each vas deferens.
2. Vas deferens is gently pulled out a small distance through each incision.
3. A small section of the vas deferens is cut and removed.



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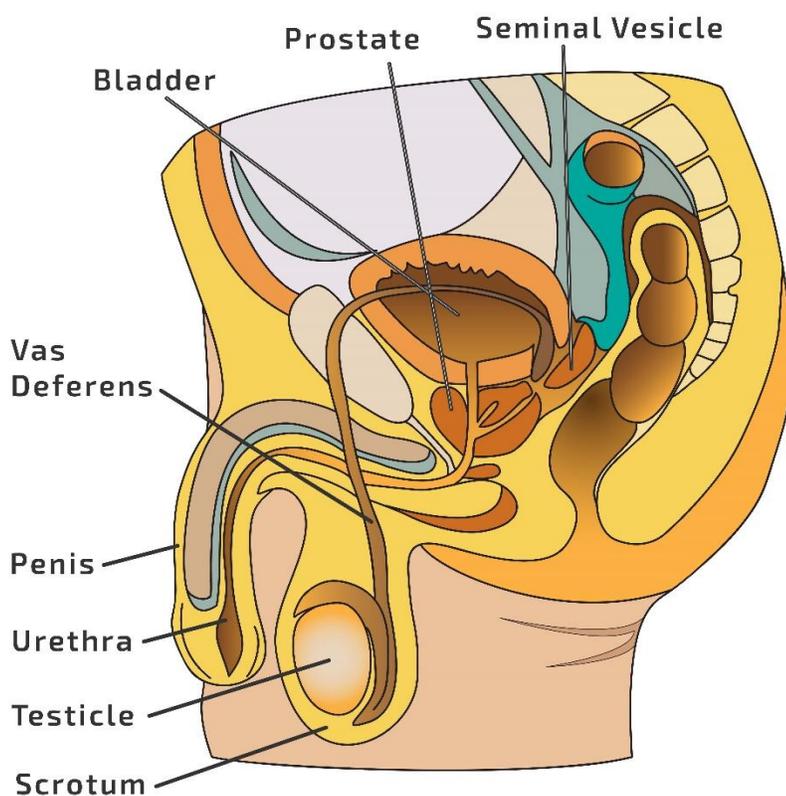


4. Each end of the vas deferens is closed, stitched, and cauterized (if needed).
5. Vas deferens are securely placed back inside the scrotum.
6. Scrotum is stitched with self-dissolving stitches that don't require removal.

### Option 2: No-Scalpel Vasectomy

Many men prefer a no-scalpel vasectomy because it is quicker, less painful, and has faster recovery times. It differs from a traditional vasectomy only in how the vas deferens are reached.

1. A small clamp with pointed ends punctures the scrotum one time (instead of the 2 incisions made for a scalpel vasectomy).
2. The clamp is opened inside the scrotum and stretches the scrotum slightly, allowing the vas deferens to be reached without an incision. No stitching is required to close the scrotum since the hole is so tiny.
3. The process now follows the traditional vasectomy steps 2-6 (see above).



### Payment and Insurance

After the procedure is complete, you will be prescribed pain medicine and given recovery instructions. You may pay with cash, check, or card in the office or can be billed at a later date if you choose. If you have health insurance, we will submit the bill for processing before you receive a bill (if insurance doesn't cover the entire cost), and if needed you may make payments over time instead of all at once.



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## Part 3: Recovery and Life After the Vasectomy

Whew, you did it! Now what? Here are some things that you'll likely experience after the vasectomy.

### Physical Recovery

It usually only takes a few days to recover physically from a vasectomy. Here is what you can expect.

- 1. Pain** – You'll likely be numb for a few hours after surgery. Take a mild pain killer as needed and apply ice to your groin during the first 24 hours. Wear an athletic supporter if desired. While you'll feel discomfort and tenderness, you likely won't feel too much pain. After several days the pain will subside and go away.
- 2. Psychological Effects** – On rare occasion men report feeling bummed for a brief period with the realization that they can no longer create children, but this feeling is normal and usually goes away quickly.
- 3. Physical Exertion** – Avoid strenuous physical activity or exercise. Stay off your feet as much as possible and lie down and relax as much as possible.
- 4. Work** – If your work isn't strenuous, return after a few days or whenever you feel ready.

### Rare Complications

Vasectomies are extremely safe, but in rare occasions one or more of the following may occur: bleeding, infection, leaking sperm inside your scrotum, vas deferens inflammation, or vas deferens slowly growing back together. Once again, these **very rarely occur and shouldn't be cause for concern**. If they do, we will counsel you and help treat your symptoms.



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### Pregnancy

Remember that your body still contains leftover sperm (even though new sperm isn't passing into your semen anymore), so you can still get pregnant after a vasectomy until you have ejaculated (Usually around 20 times) all remaining sperm in your system. Then you will be 100% sterile since sperm can no longer travel from your testicles to your penis.

Make sure to attend your follow up appointment (Around 2-3 months after the initial procedure) to have your semen measured for sperm count to ensure that it is 0. Until then, use other birth control methods as a safety precaution. Once your sperm count is verified to be 0, you can stop using birth control forever!

### Sex

As soon as you are physically comfortable (usually after 1 week or so), you may start having sex again. Your erections, sexual enjoyment, ejaculation, and climaxing will not be affected by the vasectomy. Semen still ejaculates after climaxing, **but it will not contain sperm**. Most men report enjoying sex more after a vasectomy since they no longer have to worry about birth control or accidental pregnancy.



### Manliness

Don't worry, your hormones and testosterone levels won't be affected, so you'll still have a sex drive, facial hair, and everything else that makes you a man.

### Conclusion

We hope that this guide helps you feel more knowledgeable and confident in making your vasectomy decision. Feel free to set up a free consultation with us to discuss your situation. Or if you're ready to get started, set an appointment today! We look forward to talking with you.



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