

VASECTOMY

A vasectomy is a safe and effective operation performed on a man to prevent him from fathering any more children. It is usually performed on a man when he and his partner consider they have completed their family and do not want to have any more children. The vasectomy works by obstructing the flow of sperm from where it is produced by the testis from joining the seminal fluid. The man will still be able to ejaculate seminal fluid that is normal in appearance but will not contain sperm that is necessary for impregnation. The vasectomy does not affect a man's sex drive, sexual performance or his hormone levels.

A vasectomy can be performed under local or general anaesthesia depending on the patient's preference and his suitability for a local anaesthetic procedure. It is usually performed in a hospital or day surgery facility and the patient is allowed to go home on the same day. A waterproof dressing will be applied to the small skin incisions.

Post op instructions

- ❖ Avoid strenuous physical activity for a few days or until there is no further discomfort
- ❖ Scrotal swelling can be minimised by wearing tight supportive underwear and applying an ice pack to the scrotum after the surgery.
- ❖ Pain after a vasectomy is usually minor however if required mild pain killers in the form of paracetamol or panadeine can be used.
- ❖ Sexual activity can be resumed when it is comfortable to do so however you may be still fertile and should use birth control until your surgeon indicates it is safe for you to have unprotected intercourse.
- ❖ Prior to resuming unprotected sexual intercourse you must have a sperm count to confirm the absence of sperm in the ejaculatory fluid. Your doctor will give you the necessary instructions for this test before you are discharged from hospital.

Complications

Complications of a vasectomy are uncommon and are usually of a minor nature. Possible complications include:

- ❖ Blood can accumulate in scrotum and form a **Haematoma**. In most cases this resolves by itself.
- ❖ Sperm can leak from the cut end of the vas and form a small lump called a **sperm granuloma**. These usually resolve without treatment. Some men may require anti-inflammatory medications
- ❖ Chronic pain. Some men will experience persistent scrotal discomfort or pain due to congestion in the testis. Usually this settles but may require anti-inflammatory medications and rarely further surgery.
- ❖ **Spontaneous recanalization**. This is where the cut end of the vas can rejoin and sperm can be present in the seminal fluid that can cause pregnancy. This can occur months or years after a vasectomy and even after a negative sperm count. This is a very rare event

For further information contact Dr Enzo Lazzaro Ph 029982 4477

Disclaimer. This information is of a general nature, it is not intended as a substitute for your own independent advice from your doctor