

## Day Procedure Unit

### Vasectomy

This leaflet gives information for those patients undergoing a Vasectomy operation under general anaesthetic.

#### Pre-operative preparation

You will be asked to attend the pre-admission assessment clinic 1-6 weeks prior to your admission to ensure you are fit for surgery. You will be seen by a nurse for any necessary pre-operative investigations, which may include; blood tests, cardiogram (ECG). If you are unlikely to require any pre-operative tests your assessment may be carried out by telephone. You will be admitted on the day of surgery unless there are medical reasons which may require you to be admitted the day before the operation.

#### What is a Vasectomy?

A Vasectomy is an operation which involves removing a small part of the tube (vas deferens) that carries the sperm from the testicles.

#### The Operation

A small incision is made either side of the scrotum above the testis. The Vas Deferens can then be seen through the incision and a small segment is removed on either side. The small incisions are then closed using dissolvable stitches. The operation takes about 15 minutes.

#### After the Operation

You may have some pain/discomfort following the operation. It is advisable to take simple painkillers such as paracetamol or ibuprofen to relieve this discomfort. You may also find wearing tight fitting underpants day and night for a week after the operation will help ease

the discomfort

You can return to work after 48 hours but you are advised not to do any heavy work, lifting or exercise for a week after the operation.

It is best to keep the operation site clean and dry for 48 hours with the dressing in place. A quick bath or shower is recommended for the few days thereafter.

The dissolvable stitches will fall out in about 14 days.

Sexual Intercourse is best avoided for 10 days or until the discomfort has settled. It is essential that you continue your current method of contraception after the procedure until you receive notification in writing that it is safe to stop (sperm can survive for several weeks upstream from the vasectomy site). You may have blood present in your semen

for the first few ejaculations following the operation.

#### Risks and Complications:

The operation must be considered permanent.

Infection-There is a small risk of wound infection.

Bruising around the operation site and scrotum can be present for up to a week after the operation.

Haematoma- is when blood collects and clots in the tissue surrounding a broken blood vessel. They are usually small but can occasionally be large and require further surgery to remove the clot.

Sperm granulomas - Rarely, sperm may leak into the scrotum and form a swelling which may need treatment.

Testicle pain-Some men have ongoing pain in their testicles. It may be occasional or quite frequent and can vary in intensity. Long term testicular pain affects 1 in 10 men. The pain may be as a result of a nerve trapped in scar tissue.

Very rarely the Vas Deferens can reconnect over a period of time. This means that the vasectomy will no longer be an effective method of contraception.

### **Follow – up**

Prior to leaving the ward you will receive an information leaflet regarding Semen Analysis and the request forms for analysis. You will need to contact the laboratory (phone number on request forms) and they will send you a sample collection package and an appointment date. You will be required to produce two samples. The first sample at around 16 weeks post operation and the following sample 2 weeks after that.

### **Useful contacts for further information**

If you have any queries prior to the procedure, please contact the Day Procedure Unit on **01603 286008**.

For help giving up Smoking: contact Smokefree Norfolk local freephone 0800 0854 113 or [www.smokefreenorfolk@nhs.uk](mailto:www.smokefreenorfolk@nhs.uk) or email [smokefreenorfolk@nchc.nhs.uk](mailto:smokefreenorfolk@nchc.nhs.uk)

The British Association of Urological Surgeons Ltd  
35-43 Lincoln's Inn Fields  
London WC2A 3PE  
Tel: 0207 869 6950

Web address: [www.baus.org.uk](http://www.baus.org.uk)

