

Will I Be Sterile Right Away?

No. After a vasectomy, there are always some active sperm remaining. It takes about 20 ejaculations to clear them. You and your partner should use another form of birth control until a sample of your semen has been tested 16 weeks after your operation and confirmed free of sperm. We arrange for the testing and it is very important that you wait for the results before stopping using the other method of birth control.

Will It Protect Me from Getting or Passing on STDs or AIDS?

No. It will only prevent you from making your partner pregnant. If you or your partner have a sexual disease, or have more than one sexual partner, the best way to protect yourself and your partner is to use a condom.

Does Vasectomy Cause Any Medical Problems?

Medical experts, including special panels convened by The World Health Organization, have concluded that vasectomy is a safe procedure. A number of studies have examined the long term health effects of vasectomy and research evidence continues to be reassuring suggesting that vasectomized men are no more likely than other men to develop heart disease, cancer, or other illnesses. Post vasectomy pain syndrome is, in our experience, extremely rare.

Can a No-Scalpel Vasectomy be reversed?

No more than any other vasectomy procedure. Remember that vasectomy, especially by the no-scalpel method is quick, convenient and causes very little discomfort, but vasectomies should be considered permanent. Reversal operations are expensive and often unsuccessful. If you are thinking about reversal, perhaps vasectomy is not right for you.

THE NIGHTINGALE PRACTICE

Vasectomy Clinic

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What is a non-scalpel vasectomy?

Vasectomy is a surgical procedure which seals the sperm carrying tubes (vas), preventing sperm getting into the fluid you ejaculate. This is done by using cautery.

The local anaesthetic injection is placed just under the skin and around the vas deferens. Your testicles are not injected as some men fear! Once you are numb, a single small opening is made in the top of the scrotum using a small cautery device. Through this the doctor can reach the vas and seal them using the same cautery instrument. The wound closes naturally and no stitches are required. The procedure takes 20 minutes on average from start to finish.

How Can I Be Sure I Want a Vasectomy? Who chooses vasectomy?

Anyone who feels that his family is complete or who is certain he will never want to have children.

We will see you in a Pre-Vasectomy consultation so that we can answer any of your questions and ensure that you are happy with your decision. Your partner is very welcome to be present for this.

If you are under 30 we will recommend that you have extra counselling before you make a final decision.

Vasectomy is NOT the answer if you are experiencing sexual problems or difficulties in your relationship.

How effective is vasectomy?

Vasectomy is highly effective and has a lower failure rate than any other method of contraception. However the chance of this happening is estimated at 1 in 2000.

(Vasectomy: failure rate 1 in 2000)

Female sterilisation: failure rate 1 in 300

Mirena Coil (IUS): failure rate 1 in 500

Combined oral contraceptive pill: failure rate 1 in 200)

Does it hurt?

The only painful part of the procedure is the injection of local anaesthetics which are used to numb the skin and the vas deferens. The pain from the injections is usually mild and only lasts a few seconds. The anaesthetic lasts approximately 3 hours and afterwards there is sometimes a dull ache which can be relieved by taking regular ibuprofen (e.g. Nurofen) or paracetamol. Some men use a bag of frozen peas wrapped in a towel and applied to the area which can help.

Is vasectomy safe?

Vasectomy is very safe and long-term effects are extremely rare. However, any surgical operation carries a small risk of complications:

Common (greater than 1 in 10)

- A small amount of bleeding and bruising and scrotal swelling for several days.
- Seepage of a small amount of clear, yellow fluid several days later.
- Blood in the semen for the first few ejaculations.
- Chronic testicular pain (described as up to 1/10 but rare) or sperm granuloma (tender nodule at the site of surgery).

Occasional (between 1 in 10 and 1 in 50)

- Significant bleeding or bruising needing further surgery.
- Inflammation or infection of the testes or epididymis needing antibiotic treatment.

Will I need to take time off work?

You will need to take the 2 next days off work and take things easy. If you have a physically demanding job you may need to take up to a week's leave from work.

Physically strenuous sports will need to be resume only after 4weeks

What happens after the procedure?

You will then receive further information about how to look after yourself and the procedure for collecting your semen tests will be explained.

Also we advise you to wear tight underpants for at least 2 days or more if needed.

How long will I be at the clinic?

The Pre-vasectomy consultation will last 10-15 min and you will be in the surgery for around 45 min on the day of the vasectomy.

Your partner is welcome to attend. **You should bring someone with you to drive you home afterwards.**

Will Vasectomy affect my sex life?

The only thing that will change is that you will not be able to make your partner pregnant.

Your body will continue to produce the hormones that make you a man. You will have the same amount of semen. Vasectomy won't change your beard, muscles, sex drive, erections, or your climaxes.

Some men say that without the worry of accidental pregnancy and the bother of other birth control methods, sex is more relaxed and enjoyable than before.

You can start having sex one week after but remember to use some kind of birth control until you have received the letter to say that you are sterile.