

A VASECTOMY

The purpose of the vasectomy is to prevent pregnancy and should only be done when you have all of the children you desire. The operation itself is done under local anesthesia either in the office, or on occasion, as an outpatient at the hospital.

The vas is the tube on each side of the scrotum which transports sperm from the testicle up towards the prostate where it can be ejaculated with the semen. By doing a vasectomy, a small piece of the vas removed on both sides through a single small incision performed in the middle of the scrotum. The remaining ends of the vas on each side, after a segment has been removed, are cauterized in an effort to prevent them from rejoining. A catgut suture is used only to close the tissue underneath the scrotal skin. This suture will drop out in about a week, thus it does not have to be removed. There is usually minimal discomfort with the surgery and usually there is minimal discomfort afterwards. Most men are able to return to work the next day, or certainly by the second day after their procedure.

Many people ask what effect a vasectomy will have on the men. There is no detected ill effect on one's general health, and there is really no effect adversely on a man's sexual desires or ability. He should have no psychological effects if he understands the procedure before it is done and if there are no serious underlying emotional problems.

Some complications, however, do occur. These are usually minor and mostly a nuisance. These complications are mostly limited to more pain or swelling in the scrotum, or testicles than what is considered normal. If this should occur, which happens approximately 10% of the time, the treatment is inactivity, bedrest, sometimes ice packs and anti-inflammatory medication.

After the operation, it will be necessary for you to use a continued form of contraceptive as the safety of vasectomy relative to preventing pregnancy cannot be determined for approximately for 3 months, and about 30 ejaculations. The first specimen of semen is examined under the microscope 3 months after the vasectomy. If no sperm are seen at that time a second specimen is inspected one month later. After we have determined by microscope examination that no more sperm are present on two successive specimens you may then rely on the vasectomy and discontinue other forms of birth control.

Preparation for vasectomy is relatively simple. You may have a light breakfast the morning of the procedure. You should use a safety razor to shave all of the loose hair from the area involving the shaft of the penis and the scrotal sac itself but it is not necessary to shave off the pubic hair. We should warn you that an electric razor should not be used for this preparation. In addition, you should avoid the use of Aspirin or Aspirin containing medication for 2 weeks prior to the vasectomy and for 1 week after the operation. This is done to minimize any risks to bleeding which some people are predisposed to if they take Aspirin. In addition, you should avoid any sexual activity for 3 days after the vasectomy. You should bring a scrotal support or athletic supporter with you at the time of your surgery and you will need to wear this whenever you are on your feet for a period of 2 weeks after the vasectomy after has been performed. This is done to minimize any excessive swelling or discomfort or jarring of the testicles. After the

surgical procedure, when you have gone home the morning of the operation, for the next 24 hours you should be taking it quite easy, basically lying and sitting only, with no long walking, no driving, and no lifting or exertional activities. If throbbing, swelling or significant discomfort occurs in the first 24 hours, lying flat and applying an ice pack to the scrotum can often be quite helpful.

After the first 24 hours, one may resume all normal activity that is involved with your life-style. The limitations should be self imposed, meaning that if with a level of activity, you are having much discomfort in spite of adequate scrotal support, then your activity is too great. Therefore, you should decrease activity or completely discontinue that activity if discomfort is encountered.

Thank you for your attention to this information. I will be with you soon to discuss any questions that you have or go over any details that you may not understand.

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