



VASECTOMY

What is vasectomy?

Vasectomy is a highly effective form of male contraception. It involves making a small cut in the tubes that carry sperm from each testicle and sealing them. This prevents sperm from mixing with your semen. The procedure is usually considered permanent, although you can choose to have it reversed

How is it performed?

A vasectomy is usually done using local anaesthetic, which numbs your scrotum and testicles to block pain during the procedure. Sometimes it may have to be done under general anaesthetic, meaning you'll be asleep, but this approach is less common.

The procedure itself is straightforward and only takes around 15 to 20 minutes.

Your surgeon will make a small cut in your scrotum to reach the vas deferens — the tubes that carry sperm from your testicles. They will cut these tubes and tie them or seal them with heat. They'll then close the area with dissolvable stitches.

Is it reversible?

Though the procedure can sometimes be reversed, a vasectomy is usually only recommended if you're certain you don't want to have children.

How can it be reversed?

Vasectomy reversal surgery (vasovasostomy) is a delicate procedure to rejoin these tubes and allow sperm to flow through them. It's not always possible for a vasectomy reversal to fully restore your fertility. If you and your partner find it difficult to conceive, it may be possible to retrieve sperm directly from your testicles for IVF treatment.

What are the risks involved in this procedure?

Like all procedures, there may be some risks and side effects involved like bleeding and blood collection, pain, infection, failure of surgery.

What is the postoperative care like?

Usually be able to go home the same day as your procedure. It's normal to feel some discomfort or tenderness in the area for a few days following surgery. You can wear supportive underwear and use ice packs to stay as comfortable. You can get back to your usual routine, including work after a few days.

Is the surgery an effective contraception immediately?

It can take a few weeks to clear any remaining sperm from your semen, so you'll have a



follow-up test to check your semen and confirm it's free from sperm. 90 percent of men show no spems in the semen at 3 months or after 20 ejaculations. In the meantime, it's important to use another method of contraception and continue to ejaculate regularly.

Is vasectomy 100 percent effective?

No.

How is vasectomy reversal performed?

Reversal surgery is usually done under general anaesthetic, meaning you'll be asleep during the procedure.

Your surgeon will make a small cut on each side of your scrotum, allowing them to examine the sealed vas deferens and remove any scar tissue. They'll check that the tubes still contain fluid from the testicles. If so, they'll use a technique called vasovasotomy to rejoin the tubes using a microscope and tiny stitches.

If your surgeon finds that the tubes are 'dry', they'll use a technique called vasoepididymostomy to attach them directly to the tubes that collect sperm in each testicle.

Because you'll be having general anaesthetic, they'll let you know how long you need to avoid eating and drinking before the procedure.