

# VASECTOMY

## ABOUT THE PROCEDURE

Vasectomy, or vasoligation, is a surgical procedure used as a contraceptive method. The procedure involves cutting and tying the vas deferens (a.k.a. ductus deferens), which transport sperm. Vasectomy is a safe procedure that is effective 99% of the time.

## BEFORE THE PROCEDURE

- You must inform the physician or nurse if you are taking blood thinners (anticoagulants) or anti-inflammatory drugs.
- The evening before your appointment, shave your scrotum and pubic hair.
- Bring tight-fitting underwear, which will provide support after the surgery, and have an ice bag ready to be applied over your underwear once you are home.

## IMPORTANT

**Continue to use your current contraceptive methods until the post-vasectomy spermogram shows the procedure was effective.**

Consider that your vasectomy procedure might be permanent. The vasectomy reversal procedure is effective in only 40 to 45% of cases.

## PROCEDURE

- The surgery is usually performed under local anesthesia.
- The procedure lasts approximately 15 minutes.
- Two incisions are made on the scrotum to access the vas deferens. Two tiny titanium clips are attached and the ducts are sectioned.
- Dissolvable stitches will be used and a dressing will be applied.
- You will be kept in the observation room for 15 minutes.

## AFTER THE SURGERY

- Wear tight-fitting underwear day and night for 5 days.
- You can walk, and climb up and down stairs as soon as the procedure has ended.
- You must remove the dressing after 24 hours.
- You can shower 24 hours later.
- Avoid any physical exertion for 5 days.
- Do not lift loads weighing more than 20 lbs.
- Sexual intercourse is permitted after 5 days.
- Avoid baths, spas, and swimming for 1 week.
- Do not practice any sports for 1 week.
- Avoid sports which can impact the testicles (e.g., cycling, motorcycling, ski-doing, ATVs, horseback riding, skiing, etc.) for 2 weeks.
- You can go back to work when recommended by your urologist.



Your physician will give you a form to schedule your spermogram after some 20 ejaculations.

## SIDE-EFFECTS

- Mild pain and a heavy sensation in the scrotum for 3 to 4 days. Apply ice and take 2 acetaminophen (Tylenol®) tablets regularly, 4 times daily for the first 2 days. You can take narcotics as needed if the acetaminophen does not relieve your pain.
- Onset of bruising that can spread to the groin.
- Blood in sperm after the first post-surgical sexual act. You might also experience pain.

## WHEN TO CONSULT

If you have any concerns regarding your health status or if you notice any of the following symptoms:

- Abnormality of the wounds
- Hematoma (blood accumulation in tissue)
- Fever/chills
- Increasing pain

Call Info-Santé 8-1-1 or the urology reception desk at 819 346-1110, Ext. 74595.

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### Revision and layout

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