

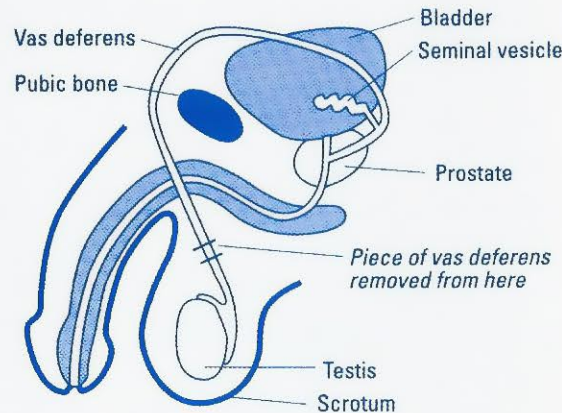
ABOUT VASECTOMY

Vasectomy is an operation in which the tubes that carry the sperm from the testes (the vas deferens) are surgically divided resulting in sterilisation.

Many couples opt for this method of contraception as it is simple, safe and highly effective. It is usually scheduled for Fridays to allow return to work by the following Monday and is done in our fully approved and audited operating theatre. Dr Russell has performed hundreds of vasectomies and is confident you will be satisfied with his service. Vasectomy is intended to be a permanent operation and best considered when you and your partner are sure you do not want any further children. You need to consider situations such as the death of a child or future children if you entered a new relationship. If you are still sure, then vasectomy is a good option and simpler than female sterilisation. After a vasectomy there are no sperm in your semen. Your testicles still make sperm but your body absorbs them. Male hormones are still produced as before by the testes. Vasectomy does not change these hormone levels or your 'maleness'. Your sex drive and ability to have sex does not change.

HOW IS IT DONE?

After giving a mild sedative injection into your arm, a small amount of local anaesthetic is injected in to the skin on the scrotum. A tiny incision is made and the vas deferens is gently drawn out. The vas deferens is then divided and a small section sent off to the laboratory. The remaining ends are then securely tied off. The skin is then closed with dissolving stitches under the skin. There are therefore no stitches to be removed. This is repeated on the other side. The so-called 'no-scalpel' technique is not used, as Dr Russell believes it does not confer any advantage and still involves a hole being made in the scrotum.



BEFORE THE OPERATION

An initial consultation is essential to provide an opportunity to understand what is involved and to ask any questions. Your operation date can be arranged at this time. You will need to shave the area prior to the operation. This involves using a disposable razor and removing the pubic hair from the level of the penis through to the bottom of the scrotum and the adjacent thighs.

Start taking the antibiotics the morning of the operation. You may eat a light lunch. Wear a pair of firm fitting underpants.

You will need to organise someone to drive you home after the operation because of the sedative injection. You will normally be able to leave 1 hour after the scheduled time of the operation.

Payment needs to be made when you check in on the operation day. If you have private medical insurance please seek their prior approval beforehand.

AFTER THE OPERATION

There will be band-aids applied to cover the incisions. They can be removed the following day in the shower. Some bruising of the skin and mild discomfort is normal. Wearing firm fitting underwear and taking Paracetamol is usually all that is required for pain relief.

It is important to avoid as much physical activity as possible in the first 24-48 hours. You are best to avoid heavy lifting and physical exercise for the first week. You can have sexual intercourse after 4-5 days if it is comfortable but remember you still need contraception.

After vasectomy there are still sperm remaining in the tubules. They will clear after approximately 15-20 ejaculations or after 3-4 months, whichever comes first. It is therefore very important to do sperm counts to ensure there are no sperm remaining. After the operation you will be given 2 containers with forms for the laboratory. It is best to do these specimens in the morning at home and deliver it to any Diagnostic Medlab that morning. You can phone our nurse 3-4 days later for the result. If this is clear a second specimen is recommended in a further 2 weeks. If it is not yet clear wait another 10 ejaculates before doing a further specimen.

If both specimens are clear of sperm then the failure rate drops to approximately 1 in 1000 operations. At this point other methods of contraception can be stopped.

Please do not hesitate to contact me if there are any queries or problems.

DR JOHN RUSSELL

During office hours 625 7010

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