

Vasectomy

What Is A Vasectomy?

A vasectomy is a minor surgical procedure used as a permanent form of male contraception. During the procedure, the vas deferens, the tubes that carry sperm from the testicles to the urethra are cut and sealed. This prevents sperm from mixing with semen during ejaculation, preventing pregnancy.

Why Consider A Vasectomy?

A vasectomy is a suitable option for men who are certain they do not wish to father any more children. It is a highly effective long-term form of contraception, with a success rate of over 99%.

Procedure Overview

- **Consultation:** Your initial consultation will include discussing your medical history, current health, and any concerns you may have. Your urologist will explain the procedure, benefits, risks, and alternatives.
- **Pre-surgery instructions:** Follow any pre-surgery instructions given by your doctor. This may include shaving the surgical area and ensuring you have arranged transportation, as driving post-procedure is not recommended.
- **Anaesthesia:** The procedure is usually performed under local anaesthesia, which numbs the area but allows you to remain awake.
- **Procedure:** The vas deferens are accessed through a small incision or puncture in the scrotum. They are then cut, sealed, or blocked to prevent sperm from reaching the ejaculate.
- **Duration:** The procedure typically takes about 15 to 30 minutes but expect to spend at least an hour at the clinic for preparation and post-operative instructions.
- **Comfort measures:** Wear comfortable clothing and bring supportive underwear or a jockstrap to wear post-surgery to reduce discomfort.

What Happens After Treatment?

Post-vasectomy care is crucial for a smooth recovery:

- **Pain relief:** After the procedure, you may experience some swelling, bruising, and discomfort. Apply ice packs to the area to reduce swelling and take over-the-counter pain relief as needed.
- **Hygiene:** Keep the area clean and dry. Follow your doctor's instructions regarding bathing and wound care.
- **Rest and recovery:** It is recommended to rest for at least 24 hours after the procedure. You can usually return to work within a few days, depending on your comfort level and the nature of your job. Avoid strenuous activities and heavy lifting and sexual activity for about a week.
- **Contraception:** Alternative contraception should be used until your doctor confirms the absence

of sperm.

- **Follow-up:** A follow-up appointment is usually scheduled to ensure the procedure was successful and to discuss any concerns. Semen analysis to confirm the absence of sperm is typically done a few months post-procedure, as some sperm may remain in the vas deferens.

Effectiveness And Considerations

- **Effectiveness:** Vasectomy is highly effective, with a success rate of over 99%. However, it is important to use alternative contraception until sperm is no longer present in the semen, as confirmed by post-procedure tests.
- **Reversibility:** Although vasectomy is considered permanent, reversal procedures are available, but success is not guaranteed. Discuss long-term plans with your urologist before proceeding.
- **Post-vasectomy semen analysis:** You will need to provide semen samples for analysis to confirm the absence of sperm.

Potential Risks And Complications

- **Infection:** There is a risk of infection at the incision site.
- **Haematoma:** Bruising or blood collection in the scrotum can occur.
- **Chronic pain:** Some men may experience persistent pain, though this is rare.
- **Sperm granuloma:** A lump that can form due to sperm leakage from the cut ends of the vas deferens.

Benefits Of Vasectomy

- **Permanent contraception:** Provides a long-term solution to prevent pregnancy.
- **Minimal impact:** Generally, has minimal long-term impact on sexual function and overall health.
- **Simple procedure:** The procedure is relatively quick and involves minimal recovery time.

Why Choose Birmingham Urology Centre?

At Birmingham Urology Centre, our skilled urologists offer safe, effective vasectomies with the latest techniques for minimal discomfort and quick recovery. We prioritise your comfort and provide personalised care to ensure you feel confident and well-informed throughout the process.

Contact us if you have any questions or would like to book a consultation to discuss whether vasectomy is the right choice for you. We provide comprehensive care and support throughout the vasectomy process.