



Vasectomy

General Information

Vasectomy is the most common form of male contraception in the United States. The procedure takes about thirty minutes and involves minimal surgery. Complications following a vasectomy are rare and the procedure has no ill effects on sexual function or general health.

Vasectomy is performed with the intention of providing a man with PERMANENT sterilization. This procedure should not be considered a temporary form of birth control despite the fact that pregnancies are possible following the procedure using reversal surgery or assisted reproductive technologies.

Procedure Description

Vasectomy is generally performed under local anesthesia although general sedation options are available for clients. Obsidian uses a “no-needle, no scalpel” technique when performing a vasectomy procedure. Local anesthesia is administered using special comfort measures including topical lidocaine cream and jet injectors rather than painful needles.

Once the scrotum is completely numb a small puncture wound is made in the scrotal skin. A small segment of the vas deferens tube is removed. Each end of the vas deferens tube is cauterized and clipped using a small titanium micro clip. A small absorbable stitch may be used to close the small surgical puncture wound. A simple band aid is used for a surgical dressing.

Patient Preparation

1. We generally recommend that clients stop all “blood thinning” medicines 7-10 days prior to vasectomy in order to reduce bleeding risk. This includes aspirin products and pain relievers such as Aleve and Motrin. Tylenol is a pain reliever that does not increase surgical bleeding risk so it may be used peri-operatively.

2. We generally will shave the hair from the front surface of the scrotum in preparation for your vasectomy. Clients who prefer to shave at home are encouraged to do so 1-2 days prior to the procedure.
3. In order to reduce infection we ask clients to take a shower the night before and the morning of their vasectomy using Hibiclens, a bacteria reducing soap.
4. Obsidian prefers that vasectomy patients have a ride home from the procedure from a friend or family member. Obsidian can arrange for transportation if client's find this more convenient.
5. If you are given a prescription for pre-medication, take it about one hour prior to your procedure.
6. You can have a light snack prior to your procedure but you must have an empty stomach if general anesthesia/sedation methods are utilized.

Post-operative Instructions

1. Clients are instructed to return home or to their hotel room immediately upon discharge and avoid strenuous activity or excessive walking for 48 hours.
2. Wear your supportive scrotal garment for 2-3 days.
3. Use an ice pack 20 minutes on & 20 minutes off while relaxing in bed or on your couch for 36-48 hours. No icing is required when sleeping of course.
4. Expect mild bruising and swelling but pain should be minimal and easily controlled with Tylenol or your prescription pain medication.
5. You may remove your band-aid and shower in 24 hours but avoid swimming or Jacuzzis for 7 days.
6. Clients can resume aspirin and similar pain relievers 48 hours following the procedure.
7. Most men can resume gentle sexual activity, work and exercise in 48 hours.
8. Patients should call Obsidian immediately for any problems such as severe pain, swelling or signs of infection.

Vasectomy & Sterility

A vasectomy procedure does not lead to immediate birth control. It takes several weeks for patients to become sterile and this must be confirmed on two semen analyses prior to stopping alternative birth control methods.

Vasectomy is not 100% effective at preventing pregnancy. Unfortunately, vasectomy procedures can fail due to recanalization of the vas deferens tube. This failure can occur many years following a successful procedure. The failure rate noted in the literature is approximately 1 in 500 procedures but Obsidian's failure rate is around 1 in 1,000 procedures. A vasectomy is better at preventing pregnancy than any other form of birth control including a tubal ligation in women.

Risks & Complications

Vasectomy procedures are minor surgical procedures associated with minimal risk. Obsidian surgeons have extensive experience in performing vasectomy surgery minimizing risk even further. But, no surgical procedure is without some risk. The following list of complications are important for clients to consider before consenting to a vasectomy procedure:

1. There is a rare possibility of losing a testicle following a vasectomy procedure due to severe infection or a blood flow problem. The risk is in the neighborhood of 1 in 1,000,000.
2. Bleeding occurs in approximately 1 out of 1,500 procedures and may require a minor surgical procedure to correct the problem.
3. Minor infections occur in 1-2% of vasectomy procedures. Severe infections requiring hospital admission occurs in about 1 in 8,000 procedures.
4. About 1 out of 2,000 men can develop pain in their testicles following a vasectomy procedure.
5. About 4-5% of men will develop a small cyst in the scrotum following the procedure but these rarely cause any discomfort or bother.

Obsidian Men's Health strives to make the vasectomy experience as comfortable as possible. Our experts take their time to discuss the topic with clients during their consultation and answer all questions to the fullest extent possible. The procedure itself is performed using extensive comfort measures by bona fide experts in the field of vasectomy surgery. An Obsidian vasectomy is, quite simply, unparalleled for pain control and recovery time.