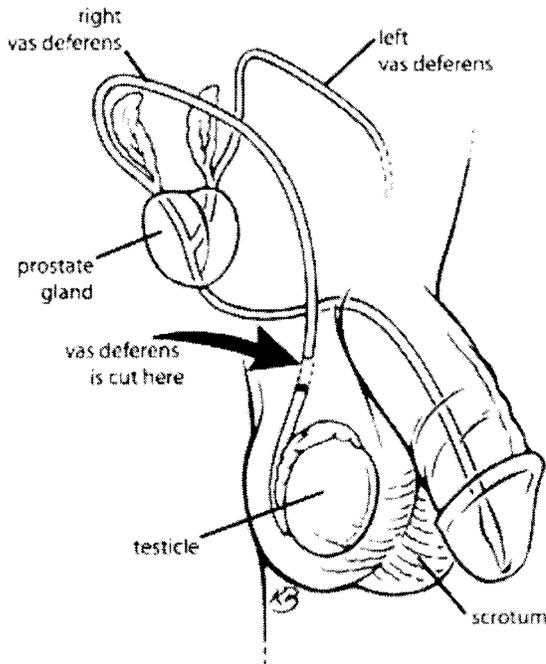


## **Macatawa Family Medicine, P.C.**

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### **HOW IS A VASECTOMY DONE?**

A vasectomy is an operation that makes a man permanently unable to get a woman pregnant. It involves cutting the vas deferens on each side so that sperm can no longer get into the semen. A vasectomy is usually done in your doctor's office or in an outpatient surgery center. The operation takes about half an hour. You'll be awake during the procedure. Your doctor will give you a local anesthetic to numb your scrotum.

After you are numb, your doctor will cut a small opening (a small puncture) near the middle of the scrotum to work on the vas deferens. You may feel some tugging and pulling. A small section of the vas deferens is removed. The ends of the vas deferens will be sealed by tying them shut with an absorbable tie suture. Your doctor will then do the same thing on the other side. The puncture wound closes almost immediately after the instruments are removed. The no-scalpel vasectomy involves making a very small puncture (a hole) in the scrotum instead of an incision. The puncture is so small that it heals without stitches.

### **RISKS OF VASECTOMY**

Vasectomy is a very safe procedure. The risks of having a vasectomy are fairly uncommon. Please follow all the instructions as written below so your risks become minimal if apparent at all. Despite the safety of vasectomy, you should be aware of the following:

1. There may be some bruising
2. A tender lump may form called a sperm granuloma – most resolve within 6 weeks
3. A scrotal blood clot may form – these also usually resolve within 6 weeks
4. Re-attachment of the vas – therefore fertility is restored (1 in 200 to 1 in 1500 chance). You are welcome to bring in a periodic semen sample to assure continued sterility.

## **PRE OPERATIVE VASECTOMY INSTRUCTIONS**

1. Do not take any blood thinners such as aspirin, Motrin, Advil, ibuprofen, Aleve, Excedrin or any medicines that contain these for at least 1 week prior to the procedure.
2. Have someone available to drive you home after the procedure
3. You will need 2 days off work following the procedure (most procedures are therefore performed on a Friday, allowing Saturday and Sunday for rest and recovery)
4. Things to bring to the procedure:
  - a. BOTH prescriptions (Valium and Tylenol #3, or as written by the doctor)
  - b. **A snug athletic supporter**
  - c. The **CONSENT FORM** that BOTH you and your wife need to have signed (if both haven't signed the procedure may be postponed)
  - d. Loose fitting clothes (i.e. sweatpants)
  - e. A driver to bring you home

## **POST OPERATIVE INSTRUCTIONS**

### **DAY 1 – 2 Rest**, ice pack 4 – 5 times per day for 20 minutes each

Do not mow the grass, shovel snow, pick up your kids, play softball, or **anything** strenuous; just enjoy yourself with all the service your family is to give you!

Prescription pain medicines as needed (i.e. Tylenol #3, Vicodin, Darvocet, Darvon, etc)

Do **not** take Motrin or any of the above mentioned blood thinners

You may shower on day 1 (Saturday) but do not scrub the scrotum, just lightly wash and pat dry

### **DAY 3 – 7 Back to work**

NO heavy lifting for 1<sup>st</sup> half of the week (10 – 15# max) then slowly get back into your regular routine

No blood thinners (Motrin, aspirin, etc)

### **3 MONTHS**

Semen count – remember you are **NOT** sterile until proven with a semen analysis

Have intercourse together with your wife in the morning with a condom. Take the condom off and place it a plastic zip-lock bag and bring it to the office that morning.

I will call you with the results. A second semen analysis is **REQUIRED** to prove the successful sterility

# INFORMED CONSENT FOR VASECTOMY

**PATIENT NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_

A vasectomy is a procedure of male sterilization in which the tubes that carry sperm from the testes are cut, and the ends are closed. The procedure is intended to be permanent. If there is any chance that you may want to father children in the future, you should NOT have a vasectomy.

The actual surgery takes about 20-45 minutes. The skin over the incision area will be injected with a local anesthetic to help minimize the pain. After the tube is cut, the skin may be closed with stitches that will dissolve on their own in about one week.

Possible complications of vasectomy are infection, bleeding, sperm granuloma formation, or possible reconnection of the cut ends of the tube (frequency 1/200 to 1/1500). Rarely any of these complications may require more extensive surgery or hospitalization to correct. During the procedure, it is possible that complications or variation in your anatomy may necessitate stopping the surgery before it is completed.

You can still father a child up to six weeks after having the procedure, therefore you MUST use some other form of birth control until you have 2 separate semen specimens after the procedure that have no sperm when looked at under the microscope.

I, \_\_\_\_\_ (patient), have received and read the vasectomy information handout and the post operative instructions. They have been reviewed with me by Dr. John Schloff to my satisfaction, and I understand them. I request this operation voluntarily, of my own free choice and having reviewed the above information, I wish to proceed.

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_

Wife's signature \_\_\_\_\_ Date \_\_\_\_\_

Witness' signature \_\_\_\_\_ Date \_\_\_\_\_

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_