

Introduction

Vasectomy is an operation to cut, block or seal the tubes that carry sperm from a man's testicles to the penis. This operation does not affect the sex drive or sex function. There are two types of vasectomy: Conventional Vasectomy and No-Scalpel Vasectomy. The doctor will discuss with the patient on the best option.

Vasectomy is considered a permanent way of male birth control. Although the testicles continue to produce sperms postoperatively, the sperms are reabsorbed by the body. After the operation, the semen does not contain sperms so there is no more need to use other birth control methods.

The Procedure

1. The operation can be performed under local or general anaesthesia.

2. Conventional Vasectomy

- Two small incisions are made on each side of the scrotum.
- Each tube (vas deferens) is cut and a small section is removed.
- The ends of the tubes are closed either by tie off or seal off using diathermy.
- The wound is closed with stitched.

No-scalpel Vasectomy

- The doctor will find the vas deferens by feeling the scrotum and numbing medication is given.
- A special instrument is used to make a tiny puncture hole in the skin of the scrotum.
- With the aid of a small pair of forceps, the tubes (vas deferens) are accessed.
- The tubes are blocked and closed either by tie off or seal off using diathermy.
- No stitch is required.

Preoperative Preparation

1. Admit 1 day before or on same day of this "elective" operation.
2. Anaesthetic assessment. **Inform your doctors** about drug allergy, regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication, intravenous line and antibiotic prophylaxis may be required.
6. Shaving on the operation site may need as prescribed.

Postoperative Instruction

General

1. Mild throat discomfort or pain because of intubation.
2. Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.
3. Nausea or vomiting are common; inform nurses if symptoms severe.
4. Inform nurses if more analgesics are required.
5. Can mobilize and get out of bed 6 hours after operation.

Wound care

1. You should keep the wound dry.
2. It is common to have mild discomfort, swelling and bruising in the scrotum for a few days.
3. Blood in the semen in the first few ejaculations is normal.
4. You should wear a scrotal support for 3-4 days.

Diet

Resume diet usually 4 hours after anaesthesia when taking sips of water well.

Common Risks and Complications (not all possible complications are listed)**Anesthesia related**

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

Procedure related

1. Infection
2. Bleeding and blood clot inside the scrotum
3. Blood in the semen
4. Bruising of the scrotum
5. Mild pain or discomfort
6. Swelling
7. Fluid buildup in the testicle
8. Sperm granulomas
9. Chronic pain (rare)
10. The fertility may restore due to the reconnection of the vas deferens over a period of time (rare)

Things to take note on discharge

1. Contact your doctor or a nearby Accident & Emergency Department if you find increasing pain or redness around the wound and discharge from the wound.
2. Take analgesics prescribed by your doctor if required.
3. You may wear supportive underwear to minimize discomfort and swelling.
4. Sexual intercourse can be resumed as soon as you feel well. You must continue to use other birth method control until the doctor confirms there is no sperm in the semen.
5. Heavy lifting and strenuous activities should be avoided for at least one week.
6. Normal activities can be resumed after 3-7 days.
7. Showering is allowed but the dressing must be kept clean and dry.
8. Any follow-up consultations should be attended as scheduled.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

"Vasectomy" Wikipedia(24-07-2023)