

## Bilateral vasectomy

### What is a vasectomy?

A vasectomy is a permanent method of male contraception. It involves cutting both the tubes (vas deferens) that carry sperm from your testicles. This prevents sperm from mixing with semen and reaching your penis. A vasectomy should prevent your partner from becoming pregnant.

### What does the operation involve?

The operation is performed under a local + sedation. The operation usually takes 15 to 20 minutes.

Your surgeon will usually make one small cut on each side of your scrotum. Sometimes they will make a single cut on the middle of your scrotum. Your surgeon will cut the tubes that carry sperm from each testicle to your penis and close the ends with stitches, clips or an electric current (cauterisation).

### How can I prepare myself for the operation?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

### What complications can happen?

#### General complications of any operation

- bleeding
- infection of the surgical site (wound) or in your scrotum
- allergic reaction to the equipment, materials or medication
- chest infection

#### Specific complications of this operation

- becoming fertile again (recanalization)
- sperm granuloma, where sperm leaks and causes small painful swellings
- long-term pain in your testicles
- congestive epididymitis, where the tube-like structure that stores sperm gets blocked

### How soon will I recover?

You should be able to go home the same day.

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To reduce the risk of bleeding, don't do strenuous exercise, like running and riding a bicycle, for 5 to 7 days.

You should be able to return to work after about 2 days (about a week if your work involves strenuous exercise).

Regular exercise should help you to return to normal activities as soon as possible.

Your doctor will ask for semen analysis around three months after the operation. The samples will be tested to find out if there are any sperm left. Use another method of contraception until your doctor tells you that the operation has been a success and you are sperm-free.

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