

About Your Vasectomy...

THE PROCEDURE

RELAX! The entire Vasectomy usually takes no more than 15 minutes.

Dr. Shaw first applies a small amount of lidocaine numbing medication into a dime-sized area on the scrotum. We now use a spray jet device, so no needles are needed!

Thereafter, we make a small incision in the scrotum, about the length of this line ----.

The vas deferens, which is about the size and caliber of spaghetti, is gently grasped, and anesthetized. We then place a titanium clip, the size of this “V” on one side of the vas, and then remove a segment in between then subsequently cauterized. This provides 4 levels of protection from sperm getting from one side to the other.

The small incision is then closed with a small stitch that absorbs and disappears over 10 days. Usually within a few months, the incisions are no longer visible.

Ejaculation, orgasm, and erections are not affected.

Most importantly, you are **NOT** sterile immediately after the procedure, as several million sperm remain in the system. We provide for an at home test kit, done after 40 ejaculations, typically 2-3 months after the vasectomy.

THE BILLING PROCESS

The following codes will be billed to your insurance from Austin Urology Institute:

New Patient Office Visit – 99203 when applicable

Vasectomy Procedure – 55250

Sterilization Diagnosis Code –Z30.2

******You will have Separate Charges for the Sperm Check testing at home. Paperwork Attached \$55.00 for 2 test. This is not billed to your insurance**

Validation #1 60 days post procedure

Validation #2 90 days post procedure

Pre-Vasectomy Instructions

Follow the preoperative instructions closely and be sure to bring the required items to the office.

5-7 days prior to surgery: Avoid all aspirin and aspirin containing products (Bufferin, Excedrin, Alka Seltzer, Ibuprofen, and any herbal remedies), and blood thinning products for 5 days before the vasectomy. You may use **Tylenol**. Arrange to be off from work for two to three days after the vasectomy.

Medications: will be called into your pharmacy. Xanax (mild sedative). Celebrex (pain reliever) will be provided at the office. After you finish Celebrex, you may take Advil 1 tab daily for 1 week, if you are still having pain. Please notify clinical staff if you have any allergies to the above medication prior to the procedure or if your pharmacy does not have the prescriptions.

The night before procedure: Please shave the entire scrotal area. **Do not use electric razors or hair removal products.**

The day of procedure: Please bring an athletic supporter, snug briefs, or biking shorts to wear after the procedure. The athletic supporter is an added measure to reduce pain and swelling. Brief and boxer shorts do not provide the same support.

- Take Xanax (mild sedative) 30 minutes prior to procedure
- Arrange for a driver if taking mild sedative

You may eat and drink as you normally do.

Post-Vasectomy Instructions

1. Apply ice pack to scrotum for the first 48 hours (30 minutes on, 30 minutes off), then use as needed.
2. Wear scrotal support for 1-2 weeks, depending on how you are healing.
3. Rest for 1 day.
4. Limit activity for the first week after the vasectomy-No Heavy lifting/straining, exercise, or intercourse.
5. Avoid cycling, biking, water activities other than shower (baths, pools, hot tubs, lakes), and any other activity putting pressure on the scrotum for 2 weeks.
6. Take pain medication prescription over the next 1-3 days. For one week after, take one Advil a day if needed.
7. Keep incision area dry for one day. It is okay to shower 24 hours after the procedure.
8. You may apply antibiotic ointment to the suture site periodically.
9. Be aware that the dressing should not accumulate any blood spots larger than a dime. **PLEASE** contact our office immediately if you see any significant blood staining larger than a dime –sized spot.
10. Some bruising may appear at the scrotum. Generally, this is not worrisome, but **PLEASE** call us if you are concerned about any progression.
11. Notify your physician if there is any significant increase in scrotal size.
12. Expect small degree of bruising/swelling/discomfort for up to one week. If severe or sudden symptoms occur, or pain is not controlled by medications, contact us.
13. After 1 week, ejaculations help to clear the reproductive system of sperm.

***After 1 week, you may begin having intercourse WITH some form of contraception.**

***Two negative semen analysis is recommended before you begin unprotected intercourse.**

INFORMED CONSENT FOR VASECTOMY

I, _____, hereby authorize Koushik Shaw, M.D. at Austin Urology Institute to perform a vasectomy on me. A vasectomy is a procedure to make a man infertile (sterile). **IT IS A PERMANENT AND IRREVERSIBLE PROCEDURE.**

Description of Procedure

A vasectomy is a surgical procedure that makes a man permanently sterile or unable to impregnate a woman. When you have a vasectomy, the urologist numbs the scrotum. Then he or she makes a small incision or puncture in the skin so that he or she can access the vas deferens (the tubes that carry sperm). Next, the doctor removes a portion of each vas deferens and seals the ends so that sperm can no longer pass through them. Finally, the doctor returns the vas deferens to the scrotum and closes the incision or puncture. The entire procedure takes about 20 minutes.

Risks/Possible Complications

A vasectomy is a simple procedure, but it does involve some risks. After a vasectomy, you can expect minor discomfort such as bruising of the scrotum as well as redness and swelling at the site of the incision. You may also have some drainage from the incision. These are normal parts of the healing process. Pain after the procedure is usually mild and can be controlled by using a scrotal support, cold packs and over-the-counter pain medication such as ibuprofen or Tylenol. Your doctor will also give you a prescription for a pain medication that you can fill if you find that you need a stronger pain controller.

Complications that could occur following a vasectomy include:

- Bruising of or pain in the scrotum and testicles
- Inflammation or infection of the scrotum, testicles, and epididymis
- Chronic testicular pain or sperm granuloma
- Possible rejoining of the vas deferens resulting in fertility and pregnancy

Masculinity and Sexuality

After a vasectomy, your body's testosterone level will remain the same. Your sex drive, facial hair, voice and other masculine traits will also remain unchanged. A vasectomy does not affect your erections or change the sensation of your orgasm. Your semen, the fluid you ejaculate, will look the same after a vasectomy. Additionally, a vasectomy will not affect your urination.

Infertility Is Not Immediate

A vasectomy will not make you immediately infertile. It will take 90 days (30-40 ejaculations) for all of the sperm to leave your body.

IT IS CRITICAL TO USE ANOTHER FORM OF BIRTH CONTROL UNTIL A DOCTOR CONFIRMS THAT YOUR SPERM COUNT IS ZERO.

Consent for Treatment

The above information has been explained to me. I certify by my signature below that I have read (or have had read to me) this Informed Consent and that I understand it. Any questions that I asked have been answered in language that I understand. I voluntarily consent to this procedure.

Patient Signature: _____ Date: _____

Printed Name: _____

Bring this form with you to your appointment.