

Considering a vasectomy for your family planning needs? You're among the 500,000 men in the US who opt for this effective birth control method annually. It offers a non-invasive alternative to invasive procedures or life-long contraception for your partner, while preserving your sexual function.

We are proud to have performed over 9000 vasectomies in the last 20 years and our reputation and outcomes are a result of continuous improvement in technique to minimize pain and ensure a fast recovery with excellent results.

Most vasectomies are performed at our office in about 20 minutes. Fridays are popular for minimizing time off from work. Many patients opt to take a full or half day off on Friday, recover over the weekend, and return to work on Monday. For those "working from home" we also offer midweek options so you can be back in action by the weekend.

More info:



## BEFORE THE PROCEDURE

You have the choice to take a mild sedative beforehand. At your request, we will gladly send a prescription for a mild anti-anxiety tablet to be taken 30 minutes prior to the vasectomy. If you choose this option, please have a driver take you home.

We also offer Nitrous Oxide (or "Laughing Gas"), which reduces discomfort and stress of the procedure. The gas is rapidly reversing in minutes, and you can drive to and from the appointment on your own.

We ask that you shave your scrotal hair the day prior to the procedure and purchase jockey or similar supportive (bike-short type) briefs to wear the week following the vasectomy.

Eat a modest meal within 2–3 hours of your procedure so your blood sugar stays up and reduces the chances of getting lightheaded during the vasectomy.

## THE VASECTOMY

We start by jet spraying (no needle!) a small amount of numbing medication into a dime-sized area on the scrotum so you don't feel a thing.

Next, we make a small incision on the scrotum, about the length of this line — . We then tie off the vas deferens, removing a segment in between, along with heat sealing the ends. Effectively, we use three separate steps to ensure a 99.9% success rate. For most folks' anatomy, we can do the entire procedure via a single small incision.

## AFTERWARDS

Plan on resting and relaxing a few days after the vasectomy. You will be sore for 5–7 days and this is normal! *Refrain from sports, including biking, running, weight lifting, etc. for at least one week.* Upper extremity (think bench press etc.) can start after one week and moderate sports and exercise involving the lower extremities can be restarted in two weeks. Soccer, jiu jitsu, basketball, etc. at three weeks. *Use common sense!*

You can shower the day after the procedure, but *no swimming for at least two weeks.*

Anti-inflammatory pain medications (non-narcotic, Celebrex) are provided to take one tablet daily for a few days. Use the provided gel ice pack on/off intermittently for a few days after the procedure to reduce swelling.

The incision is closed with a small, absorbable suture. This will fall off in 2–3 weeks.

*You can resume intercourse with protection a week after the procedure.* We are proud to offer SpermCheck, a convenient at home test to validate the success of your vasectomy. This simple, accurate test can be done after 30 ejaculations AND 90 days following the procedure. **IT IS CRITICAL YOU NOTIFY US IMMEDIATELY IF ONE OR BOTH TESTS ARE POSITIVE.**

Finally, **DO NOT BEND THE RULES ON 30 EJACULATIONS AND 90 DAYS.** It is OK to take longer, but going shorter on the number of ejaculations or days following vasectomy **CAN LEAD TO UNINTENDED PREGNANCY!**



# WARNINGS

Repeat! Take it easy the week after the vasectomy! This is NOT an excuse to take a few days off work and golf, hike, tackle the honey-do list, or clean out the garage. We have plenty of stories of how this ended badly with infections, or the dreaded hematoma, which happens when a stitch pops, creating a bleed or infection that takes *six weeks to heal*.

Some swelling is normal, however if swelling continues to worsen, or gets larger by the day instead of smaller, get in touch with us.

Some mild to moderate pain is normal, and should improve daily. If it worsens daily instead of getting better, be in touch with us.

It is not unusual to have a peanut M&M sized lump on one or both sides of the scrotum near the testicle after the procedure. This will go down to the size of a pea over several weeks. If the lumps are closer to the size of a golf ball (!)—or getting larger—be in touch with us.

Wait at least one week before sex and masturbation. If this rule is broken, **YOU WILL DEVELOP A HEMATOMA.**

The first few ejaculates will feel different. This is temporary and will go back to normal.

# WHAT ELSE?

Please shower (and wash your vasectomy site too), everyone at home will appreciate it. When washing your site, don't scrub hard enough to open the wound, but hard enough to get any old blood off. This will also help the suture fall off over time.

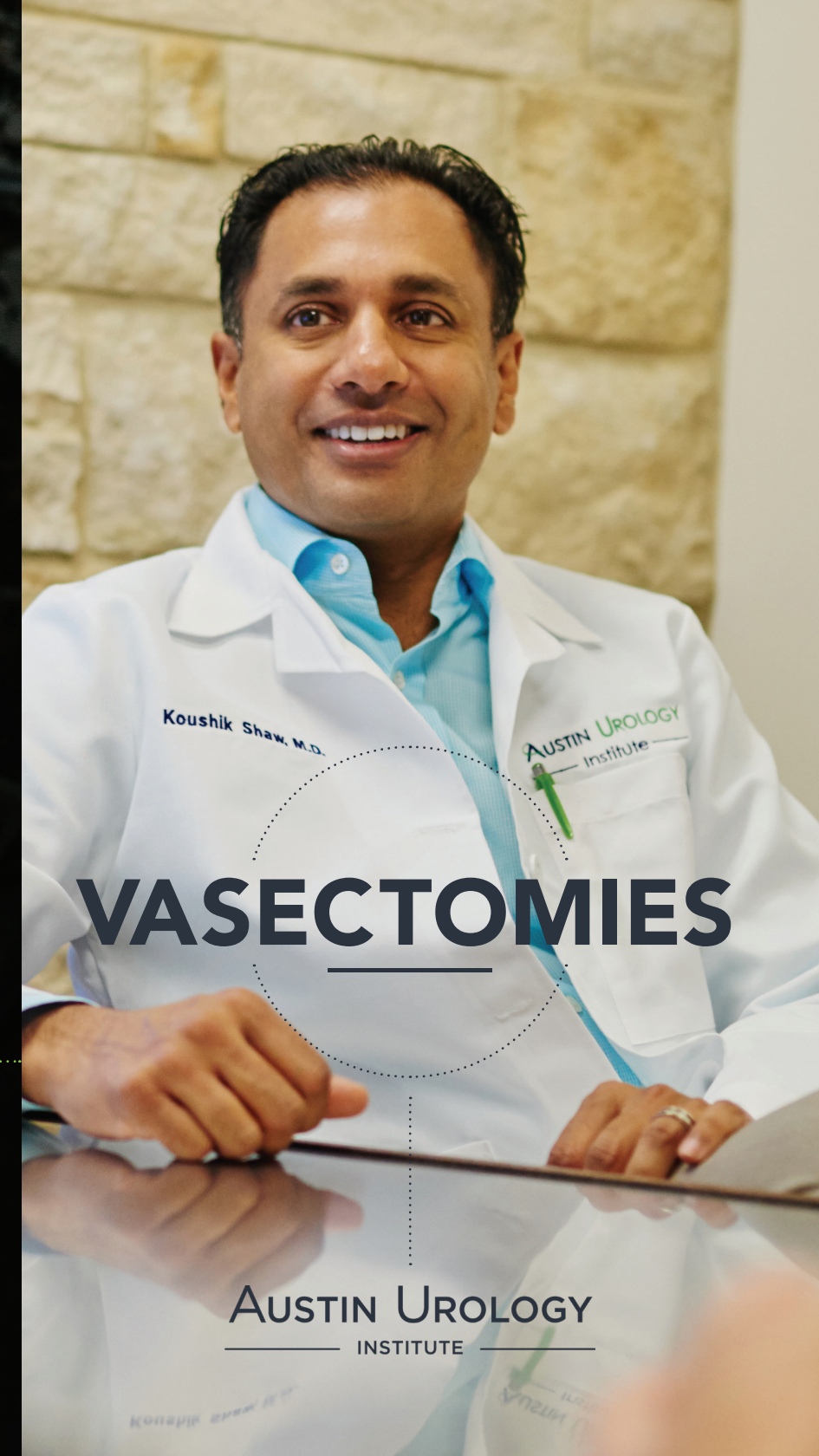
# THINGS TO CALL THE OFFICE FOR

Sudden, **RED, HOT**, scrotal swelling with discharge and/or fever.

Uncontrollable pain (keeping you home from work because you cannot get out of bed).

**YOUR SPERM CHECKS!** Extremely rare things can happen. This is the only way you can confirm that the vasectomy was successful. *If positive, call our office.*

You have a dissolvable suture in place that **SHOULD** fall off in 2–3 weeks. A retained suture may occur if your skin heals over the suture knots. If it is still intact after four weeks, please call our office and we can remove it.



# VASECTOMIES

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512.694.8888  
austinurologyinstitute.com

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