

## Operation Information

### Vasectomy

#### Introduction

Vasectomy is an operation to disrupt the passage that carries sperm from a man's testicles to the ejaculate. This operation does not affect the sexual performance. The operation aims at permanent male sterilization despite the possibility of reversal.

#### Outcomes

Vasectomy is considered a permanent way of male birth control. Although the testicles continue to produce sperm postoperatively, the sperm cannot reach the ejaculate. After the operation, the semen does not contain sperm at around 8-12 weeks after successful operation.

#### Procedures

1. The operation can be performed under monitored anaesthetic care or local anaesthesia or general anaesthesia.
2. The doctor will locate the vas deferens.
3. A tiny incision in the skin of the scrotum.
4. The tubes (vas deferens) are mobilized and transected.

#### Possible Risks and Complications

1. Bruising of the scrotum
2. Mild pain or discomfort
3. Infection
4. Bleeding and blood clot inside the scrotum
5. Blood in the semen
6. Sperm granulomas
7. Chronic pain (rare)
8. Reconnection of the vas deferens (rare, 1/2000)

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

## **Pre-operative Preparations**

1. Good hygiene can prevent surgical wound infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medication.
4. Routine tests may be performed if necessary.
5. Shaving on the operation site may require and nurse will supply surgical soap to you for washing the operation site as necessary.
6. No food or drink six hours before operation. (For general anaesthesia only)
7. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewelry and contact lenses.
8. Please empty your bladder before the operation.

## **Post-operative Instructions**

### **General**

1. After general anesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. It is common to have mild discomfort, swelling and bruising in the scrotum for a few days.
4. Blood in the semen in the first few ejaculations is normal.
5. You may typically discharge on the same day after the operation.

### **Diet**

A normal diet may be resumed as instructed after recovery from general anaesthesia.

## **Advices on Discharge**

1. Prescribed pain medication may be taken as needed.
2. You may wear supportive underwear to minimize discomfort and swelling.
3. 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.
4. Heavy lifting and strenuous activities should be avoided for at least one week.
5. Normal activities can be resumed after 3 – 7 days.
6. Showering is allowed.
7. Immediately consult your doctor or return to hospital for attention in the event of severe wound pain associated with redness and swelling, secretion of pus, massive bleeding, inability to urinate, shivering, high fever over 38°C or 100°F, or any other unusual symptoms etc.
8. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

