



VASECTOMY CONSENT

GENERAL VASECTOMY INFORMATION

A vasectomy is a safe and effective surgical procedure, which makes a male sterile or unable to have children. It is considered permanent sterilization. Even with a vasectomy reversal, as many as 30 percent of men will remain sterile. Choosing to have a vasectomy is a serious decision that should not be entered into without giving serious thought and consideration to using alternative forms of birth control. In rare circumstances, after having a vasectomy, the vas deferens can grow back together leading to the possibility of pregnancy. This occurs in approximately 1 in 2,000 cases using the no-needle, no scalpel technique used at the Weekend Vasectomy Clinic. You and your partner should take time to consider all of this before proceeding with a vasectomy.

There are many myths about vasectomies that you may have come across as you have researched having a vasectomy. There is no evidence that having a vasectomy leads to any long-term sexual dysfunction. A vasectomy does not disrupt the body's ability to produce the male hormone testosterone. A vasectomy simply stops the flow of sperm. A vasectomy does not cause erectile dysfunction or diminish sexual desire. A vasectomy does not increase the risk of any known cancers including testicular and prostate cancer.

BEFORE YOUR VASECTOMY

It is important to avoid anti-inflammatory medications (aspirin, ibuprofen, naproxen) a week before your vasectomy. Refrain from alcohol the day prior to your procedure as it acts as a blood thinner. You can eat the morning of your procedure; fasting is not necessary. Shower, clean and shave the front of the scrotum in the area where the penis and scrotum meet. Wear athletic pants or other loose-fitting clothing to your procedure.

THE PROCEDURE

You can expect the procedure to take approximately 15 minutes. You will be asked to remove your clothes below the waist. You will be cleaned with sterile soap and a sterile drape will be placed. The physician doing your vasectomy will begin to provide local anesthesia. We use a needleless system of numbing the area. You will

feel a sensation like the plucking of a hair. If you purchased a comfort package, Nitrous Oxide or Exparel will be administered. If at any time during your vasectomy you feel any sharp sensation, let your physician know and he will provide more numbing medication.

As soon as everything is numb, the no-scalpel technique will be used to perform the vasectomy. The opening in the skin is so small that no stitches are needed to close the opening. This means a small amount of drainage from the area is to be expected and considered normal.

During your vasectomy you will hear a buzzing sound. This sound comes from the cautery, which seals the ends of the vas deferens. Small titanium clips are then used to seal the ends of the vas to prevent them from growing back together. We also place the two ends of the vas in separate tissue planes to prevent failure.

Some men may experience a little lightheaded during the procedure. If this occurs, let your physician know. Do not attempt to sit up, stand or get dressed after the vasectomy if you are feeling slightly lightheaded.

AFTER YOUR VASECTOMY

Your numbing medication will start to wear off about two to four hours after the vasectomy. If you purchase one of the comfort packages containing Exparel, chances are that you will remain numb and not experience any pain for up to 72 hours. Apply ice to the vasectomy site for 20 minutes, followed by 40 minutes without ice. Repeat these intervals as long as needed. Do not apply ice directly on the skin. Instead, wrap the ice in a hand towel or use the ice bag with the custom compression shorts available to purchase on the day of your vasectomy. Avoid anti-inflammatory medications (aspirin, ibuprofen, naproxen) for two days after your vasectomy.

You should plan to take it easy for the first 72 hours after the procedure. This means avoiding any strenuous activity. The more time you spend off your feet, the sooner you will be back to normal. Showering is okay the day after your vasectomy but avoid taking baths or sitting in a hot tub for the first

72 hours after your procedure.

It is okay to resume sexual activity when you feel comfortable to do so. You must use a secondary form of birth control until you have a confirmed negative semen analysis. You will be given the option to purchase a mail-from-home specimen sample kit at the time of your vasectomy. Six weeks after your vasectomy and after 25-30 ejaculations, get a semen analysis done. Remember, you are not considered sterile until you have a confirmed negative semen analysis completed.

COMPLICATIONS

Chronic Testicular Pain - pain lasting more than a couple of weeks is very uncommon after vasectomy. It occurs in less than one percent of cases. If you experience testicular pain that lasts longer than 60-days after your vasectomy, please contact the office.

Scrotal Hematoma - a hematoma may develop inside the scrotum after a vasectomy. This is a collection of blood that forms a clot in the tissue surrounding a ruptured blood vessel. It is generally small but may grow to be very large in some men to fill the scrotum entirely and become swollen and painful. This occurs in about three to five percent of men who undergo vasectomy. The risk of a scrotum hematoma is reduced by limiting activity for the first two to three days after a vasectomy. It is not dangerous, and it can take up to six to eight weeks to go away.

Sperm Granuloma – A sperm granuloma occurs in 15 to 40 percent of men who undergo a vasectomy. A sperm granuloma is a mass that develops over time because of the body's immune reaction to sperm leaking from the cut ends of the vas. It is typically treated with an anti-inflammatory medication, such as ibuprofen.

It is normal to have mild swelling, bruising, and a small amount of drainage from the vasectomy site for several days after a vasectomy.

VASECTOMY CONSENT

I, _____,
have read the above document and understand that a vasectomy is permanent sterilization. I understand and I have considered the risks, benefits and alternatives to having a vasectomy.

I understand that until I have received confirmation of a negative semen analysis, I am NOT considered sterile. Furthermore, I understand that I must use a secondary form of birth control to prevent unintended pregnancy until I receive confirmation of a negative semen analysis.

I hereby give my full informed consent for the physicians at the Weekend Vasectomy Clinic to perform the vasectomy at my request.

PATIENT NAME (PRINT):

PATIENT SIGNATURE:

DATE: _____