

Local anaesthetic Vasectomy

AT GALE FARM SURGERY PART OF



**Information leaflet
for patients**

What is a vasectomy?

A vasectomy is an operation on your sperm-carrying tubes (vas deferens). Both tubes are divided at a point between the testes (where the sperm is produced) and the seminal vesicles (where the sperm is stored). This prevents sperm from reaching the seminal vesicles causing sterility.

This leaflet explains a little about what will happen before, during and after your operation. If you do not understand anything about your vasectomy please ask your own GP.

How do I find the surgery?

Gale Farm Surgery is a branch surgery of Haxby Group. It is located in Acomb, to the South of York, about 1 mile away from York District Hospital and within the City ring-road (A1237). It is situated on Front Street.

An outline map is on the back of this leaflet.

**You are strongly advised not to drive home following the procedure.
Please make arrangements for someone to collect you.**

Your appointment and the referral process

Once your GP has referred you to the Practice, the referral goes through a process of production as a document, despatch to Haxby practice and acceptance by the Doctor scheduled to undertake the procedure.

What happens during my vasectomy operation?

The doctor uses a very thin needle to inject local anaesthetic into the upper part of your scrotum to numb the whole area. The doctor makes a very small cut in your scrotum to reach the vas deferens. He removes between 1 – 2 cm of the tube and ties the ends. The procedure is repeated on the opposite side. The small cuts are closed with dissolving stitches.

Are there any risks in having a vasectomy?

In over 90% of cases the operation is successful, but in the remainder sperm can be present after many months. If this happens in your case, the doctor will arrange to see you again.

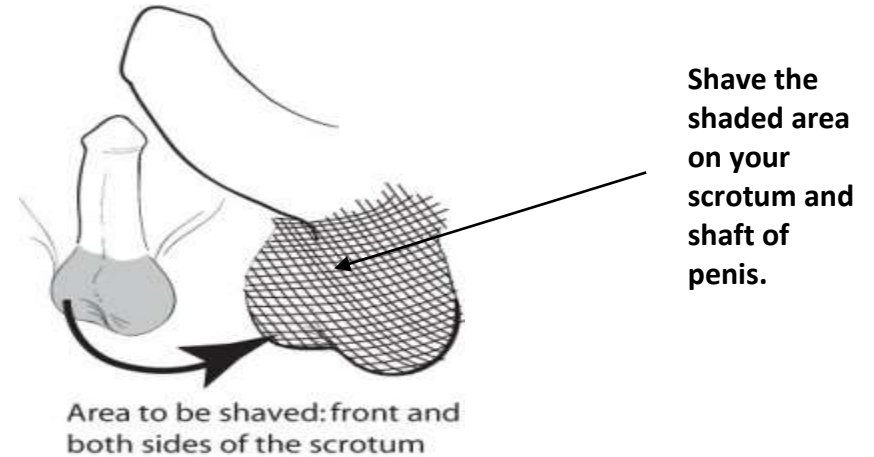
In fewer than 1 in 2,300 cases, the tubes may re-join of their own accord and you may become fertile again. You should however, regard this sterilisation procedure as irreversible.

Any operation that involves cutting and inserting instruments into the body carries a small risk of infection. It is uncommon however, for infections to occur with vasectomy. There is a risk of haemorrhage in a very small percentage of patients.

Most patients will have minor bruising and swelling following this operation. Up to 1% of patients have more major swelling called a haematoma which can cause discomfort for a longer period of time and may need a longer period off work. If you have a swelling or continuous pain, please contact the surgery at Haxby or the out of hours service. If this is not possible then contact your own GP. On rare occasions a further procedure maybe needed to take the haematoma away.

A very small number of patients may have long-term scrotal pain following their vasectomy. Although this pain can be difficult to treat, it usually clears up without treatment.

At present there is no evidence that having a vasectomy can cause cancer of the testicles or prostate gland.



Before attendance

- 24 hours prior to your operation, please shave the pubic hair from the base of your penis and scrotum (see illustration above).
- Please use a new, quality razor with shaving cream/gel. It is essential that you minimise nicking of the area. Careful preparation is necessary as this will reduce the risk of postoperative infection.

On the day of your operation, please take a bath, using soap and water to wash your groin area.

Please wear clean close fitting underpants NOT boxer shorts. You will also need to wear loose fitting trousers.

It is extremely important that:

- You shave one day prior to attending
- You wear supportive underpants not boxer shorts
- You DO NOT drive home **and make appropriate arrangements for someone to bring you and stay on the surgery premises** until you are fit to leave after the procedure. It is not appropriate to walk, cycle or use public transport to get home after the procedure.
- You are able to rest for 48 hours after the operation.

**FAILURE TO ADHERE TO THESE INSTRUCTIONS MAY RESULT IN YOUR
OPERATION BEING REFUSED.**

What happens when I arrive at the surgery?

The doctor will introduce himself and explain what will happen. You will be asked about your present medication, any allergies you may have and arrangements for going home.

The doctor will ask you to sign a consent form saying that you:

- Fully understand your operation
- Fully understand the risks and benefits
- Are aware of the alternatives
- Agree to have the operation.

Please ask if there is anything you do not fully understand about your treatment or if there is anything you are uncertain about.

Do not wear thick/bulky clothes, light clothing is recommended, e.g. short sleeved t-shirt and loose fitting trousers. For infection prevention and control reasons, partners are not allowed to be present during the procedure, but may stay during the consent consultation.

What are the benefits of vasectomy?

Vasectomy is a very effective form of contraception which you should consider permanent. The operation is a relatively minor one with few side effects. It is a simpler operation than female sterilisation and has fewer risks.

How will I feel after my vasectomy?

You will have some soreness and swelling for a day or two. Any discomfort should be controlled with simple painkillers, such as Paracetamol.

**When can I stop using other methods of
contraception?**

Because sperm is stored in the seminal vesicles, it can take several months for it to clear. You will, therefore, be asked to supply a semen sample four months after your operation.

This will be examined in the laboratory. If there is no sperm present, we will let you and your doctor know. Otherwise, we will repeat the semen test one month later.

**YOU MUST CONTINUE TO USE ANOTHER METHOD OF CONTRACEPTION
UNTIL WE TELL YOU THAT YOUR SEMEN TEST IS CLEAR.**

Is a vasectomy reversible?

This sterilisation procedure may not be reversible. You should regard it as permanent.

What about getting home?

**PLEASE NOTE: YOU WILL NOT BE ABLE TO DRIVE HOME AND YOU
SHOULD ARRANGE FOR SOMEONE TO STAY AT THE SURGERY PREMESIS
UNTIL YOU HAVE HAD THE PROCEDURE AND ARE FIT TO LEAVE.**

Do I need to rest after my operation?

Yes! It is very important to take it easy for the first 48 hours after your operation. However, you should not stay in bed.

Avoid strenuous activity such as heavy lifting for 7-10 days also if you do any of the following:

- Contact sports 2 weeks off
- Jogging 2 weeks off
- Cycling 3-4 weeks off

It is recommended not to fly for 7 days following the operation.

Can I bathe or shower?

Please keep sutures dry for the first 48 hours following your operation, after which you can bathe or shower.

When can I have sex again?

If it does not cause discomfort you may resume sexual intercourse 3 days after your operation, but **do use another method of contraception.**

When can I drive again?

You will be able to drive after 24 hours.

When can I return to work?

If you have a physical job or do a lot of driving, we advise that you have 3 – 4 days off work.

Contacting us

For general enquiries regarding your appointment, call 01904 928008 and explain why you are calling. You will either be redirected to the surgical department or a message will be taken and someone will return your call.

Directions to Gale Farm surgery from the York outer ring road A1237

Follow the A1237 south; there will be 2 roundabouts take the third exit on each staying on A1237. At the third roundabout take the first exit onto Wetherby Road/B1224. Continue on Wetherby Road/B1224 at the mini roundabout take the third exit onto Ridgeway, continue down Ridgeway. At the roundabout take the 1st exit onto Askham Lane continue down Askham Lane. At the roundabout take the 1st exit onto Front Street, Gale Farm Surgery will appear on your left hand side. Car parking is to the right of the building.

“Sat nav” users please enter the Post Code **YO24 3BU**. Car parking is to the right of the building.

