



Vasectomy Information

Vasectomy — also called male sterilization — is a surgical procedure. It is meant to protect against pregnancy permanently, so it's super effective.

What is a vasectomy?

A vasectomy is a simple surgery done by a doctor in an office, hospital, or clinic. The small tubes in your scrotum that carry sperm are cut or blocked off, so sperm can't leave your body and cause pregnancy. The procedure is very quick, and you can go home the same day. And it's extremely effective at preventing pregnancy — almost 100%.

There are two types of vasectomies: the incision method, and the no-scalpel (no-cut) method. No-cut methods lower the risk of infection and other complications, and generally take less time to heal. **Dr. Nicely uses the no-scalpel method.**

Vasectomies are meant to be permanent — so they usually can't be reversed. You should only get a vasectomy if you're 100% positive you don't want to be able to get someone pregnant for the rest of your life.

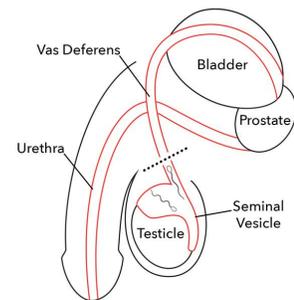
The term "vasectomy" comes from the name of the tubes in your scrotum that are blocked during the procedure: vas deferens.

How does a vasectomy work?

Sperm — the microscopic cells that join up with an egg to cause pregnancy — are made in your testicles. Sperm leaves the testicles through two tubes called the vas deferens, and mixes with other fluids to make semen (cum). The sperm in your semen can cause pregnancy if it gets into a vagina.

A vasectomy blocks or cuts each vas deferens tube, keeping sperm out of your semen. Sperm cells stay in your testicles and are absorbed by your body. Starting about 3 months after a vasectomy, your semen (cum) won't contain any sperm, so it can't cause pregnancy. But you'll still have the same amount of semen you did before. There just won't be any sperm in it.

Vasectomies don't change the way having an orgasm or ejaculating (cumming) feels. Your semen (cum) will still look, feel, and taste the same after a vasectomy — it just won't be able to get anybody pregnant.





Is a vasectomy effective?

A vasectomy is one of the most effective kinds of birth control out there, and THE most effective method for people with penises and testicles. Vasectomies are almost 100% effective at preventing pregnancy — but not right away. It takes about 3 months for your semen to become sperm-free.

A few months after your vasectomy, your doctor will do a simple test called a semen analysis to check for sperm in your semen. You'll masturbate into a cup to collect a semen sample. Your doctor will tell you when there's no sperm in your semen and the vasectomy is working as birth control. You shouldn't have unprotected sex until your doctor says it's safe.

A vasectomy is really effective because it's designed to be permanent, and you can't forget to use it or mess it up. It prevents pregnancy round the clock for the rest of your life. So once your doctor says there's no longer sperm in your semen, that's pretty much it — you don't have to do anything else to prevent pregnancy. Vasectomies are get-it-and-forget-it birth control.

There's a very slight chance that the cut ends of your vas deferens can grow back together after a vasectomy, which means you could cause a pregnancy. But this is super rare.

Do vasectomies protect you from STDs?

No, a vasectomy won't protect you or your partners from sexually transmitted infections. Semen (cum) can still carry STDs, even if it doesn't contain sperm. And for some STDs, all you need is skin-to-skin contact to get them from someone. Use condoms to lower your chances of getting or spreading STDs.

Are vasectomies safe?

Vasectomies are super safe, and very few people have complications. But like all medical procedures, there are some possible risks. The most common risks with a vasectomy are minor and treatable.

What are the risks of a vasectomy?

Getting a vasectomy is usually really safe. But like all medical procedures, there can be some risks. Things like temporary pain, bruising, and infection are the most common ones. You may need an antibiotic from your doctor to treat an infection.



Call your doctor if you get a vasectomy and have any of these signs of infection:

- A fever over 100° F.
- Blood or pus coming from where the cut was made in your scrotum.
- Lots of pain or swelling in your scrotum or testicle area.

Other possible problems with vasectomies include:

- Bleeding where the skin was cut (but this usually stops on its own).
- Bleeding under the skin that may cause swelling or bruising (called hematoma). It usually goes away on its own. Putting ice packs on the bruise and taking over-the-counter pain medication can help.
- Swelling (called Spermatic Granuloma) caused by sperm leaking from your vas deferens. It usually goes away on its own, but a doctor may need to drain it.
- Temporary pain or discomfort are common. You can take over-the-counter pain medicine and wear supportive underwear that doesn't let your testicles hang. Long-term pain is really uncommon, but possible. If this happens you should talk with a doctor or nurse for possible treatment.

Does getting a vasectomy hurt?

Probably not. Your doctor will help make your vasectomy as comfortable as possible.

You'll get local anesthesia to numb your testicles, so you shouldn't feel much during the procedure. You may also get medicine to help you relax.

You may have a little discomfort when you get the numbing shot or when the vas deferens tubes are handled during the procedure. But overall, you shouldn't feel too much pain.

What happens during a no-scalpel vasectomy?

The doctor makes one tiny puncture (hole) to reach both vas deferens tubes — the skin of your scrotum isn't cut with a scalpel. Your tubes are then tied off, cauterized, or blocked. The small puncture heals quickly. You won't need stitches, and there's no scarring.

How will I feel after my vasectomy?

You can go home and rest right after your vasectomy. You may feel some discomfort or pain after your vasectomy, but you shouldn't be in terrible pain. You may also have some bruising and/or swelling for a few days. Wearing snug underwear that doesn't let your testicles move too much, taking over-the-counter pain medication, and icing your genitals can help ease any pain. And don't do any hard physical work or exercise for a week after

Tim Paik-Nicely, MD



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your vasectomy.

How long will it take me to recover after my vasectomy?

Most people only need to rest for a few days after their vasectomy. If your job is physically demanding, you'll have to take about a week off from work. You shouldn't exercise or do any hard physical work for about a week after your vasectomy.

How soon can I have sex after my vasectomy?

Usually, you can start having sex again about a few days to a week after your vasectomy. Some people wait longer. If having sex is uncomfortable, wait a few more days. Just remember that the vasectomy WON'T prevent pregnancy right away.

Potential Benefits

- **Vasectomies are VERY effective.**
- **Vasectomies are super convenient.**
- **Your vasectomy can make your sex life better.**

Potential Disadvantages

- **Vasectomies are permanent.**
- **Vasectomies can have some risks.**
- **Vasectomies don't prevent STDs.**