

Spa Surgical Services

Undergoing a Vasectomy Operation



Spa Medical Centre has a proven track record of consistently delivering the highest quality of surgical care to patients. We pride ourselves on being one of Primary Care's leading surgical providers in Wiltshire and have been successfully delivering a variety of services to all Wiltshire residents since 2004.

Your GP has referred you for a vasectomy operation. People consider a vasectomy when they are sure their family is complete. However, it is a decision that needs a lot of thought and it needs to be recognised that personal circumstances can change. Reversal operations can be costly and are not always successful.

THE DAY OF THE OPERATION

Immediately before coming:- Please have a bath or shower and wash the genital area thoroughly with soap and hot water, and keep warm. You do not need to shave any of the genital area.

Eating and drinking:- Your vasectomy is a simple 20 to 30 minute operation that is carried out under local anaesthetic so you can eat and drink normally before coming.

Underwear:- Please bring supportive underwear such as tight briefs or a sports support to wear after the operation. DO NOT bring boxer shorts.

Driving:- It is advised NOT to drive and necessary for you to make arrangements to be driven home from the operation, not least in case you faint whilst driving or have to make an emergency stop!

Medical Problems:- Please tell the surgeon about any new medical problems that may have occurred since your original counselling and referral.

PARKING ARRIVING AT THE SURGERY

We have free onsite parking and when you arrive at the Surgery please report to the main Reception. The receptionist will direct you to the correct waiting area. We do have a patient lift available. A theatre assistant will collect you and take you into the operating theatre. Due to health and safety policy and procedures we are unable to have children in the theatre room.

PLEASE TELL THE DOCTOR IF

- You are taking blood thinning medication such as warfarin, aspirin, clopidogrel, dabigatran, rivaroxaban or any other.
- You are allergic to sticky plasters/tape or local anaesthetic or adrenaline.

- You have heart trouble or a pacemaker or are prone to fainting
- You have a known blood born infection risk such as hepatitis B or hepatitis C or HIV
- You are severely obese (BMI >30)

No Scalpel Vasectomy – What You Need to Know

Our vasectomy is a simple keyhole operation which makes a man sterile. A man produces sperm in his testicles. The tubes which carry the sperm from the testicles up to the penis are cut and blocked during the operation so that the sperm cannot get into the semen (the fluid released when a man reaches a climax or 'comes').

The vasectomy surgeon starts by putting an injection of local anaesthetic into the skin of the scrotum near the tubes. When this has taken effect he will make a small puncture wound in the skin so he can reach the tubes, cut each one and cauterise the vas tube. No stitches are needed with the no-scalpel technique therefore the skin is allowed to close naturally.

Although no sperm can get past the block in the tubes, there are still many sperm in the tubes beyond the block. They are shed each time a man has intercourse or masturbates to climax. It usually takes several months to clear the tubes.

As the semen looks the same after vasectomy as before, the only way to know if the sperm have all gone is to send a sample to a laboratory to be checked.

At the time of your operation you will be given instructions about these checks. The first check is done 4 months after your operation. If this first check is clear then we will write to you and confirm that you no longer need to use contraception. If this is not clear we will send you another sample pot 1 month later.

Please use another contraceptive method until you get the letter from the surgeon to tell you that the checks are clear.

Facts:

Vasectomy operation will render you infertile and unable to father children.

Should you change your mind after a successful vasectomy – Reversal operation is very expensive, not available on the NHS and is only likely to work in approximately half of cases.

Going to work the next day is NOT recommended and is likely to increase your chance of post-operative complications. You should allow plenty of time off work after the operation, 2-3 days if your job is light, a week if it is physical.

We think of “failure” as either “early” or “late”. If you clear at the 4 month semen check there remains a very faint risk of one of the tubes reconnecting in the future commonly quoted as 1 in 2000. It’s our way of reminding you that a vasectomy can never be 100% guaranteed. However it remains, statistically the most effective form of contraception.

We think of “early failure” as one where you haven’t cleared and still have sperm in your semen at 12 months. This risk is very roughly 1 in 150. Should this occur we will see you to discuss further options.

In those very small number of men who fail a repeat operation is usually offered under general anaesthetic

Complications:

Bruising, infection and pain afterwards are all recognised complications after vasectomy operation.

The other important complication we recognise is Post-Vasectomy pain which is often described as a dull constant ache felt in the testicles. This can last for weeks and months after surgery. There is no single effective treatment. This can also occur in up to 5% (1 in 20) of men who have vasectomies.

Other recognised complications of vasectomy include painful lumps that form at the cut ends of the tubes called Sperm Granulomas. These can be uncomfortable but are rarely serious. They can occur in 5% (1 in 20) of men who have Vasectomies.

There is a very rare chance of causing a testicle to shrink (testicular atrophy) due to damaging the blood supply.

Expect to be uncomfortable for several days after the operation. Vasectomy is still a significant operation. We recommend that you have pain-killers to hand for the first few days

Lastly - Please arrange for someone to come with you and drive you home, we don't want you fainting whilst driving!

LOOKING AFTER YOUR WOUND

After your operation you will be given a separate information sheet telling you how to look after your wound.

CONTACTING US

If you have any concerns, or if you need to change your appointment time, please telephone the Clinic Coordinators on 01225 898014 / 01225 898015. There is also an answer machine for calls out of hours, which is checked daily.

The Surgical Team



Dr Rob Matthews
GP Vasectomy Surgeon
& Senior Partner



Dr James Pearson
GP Vasectomy Surgeon



Wendy Jones
Surgical Clinical
Nurse Lead

Theatre Assistants :



Rosi



Vicky



Chris



Sara

WHAT TO EXPECT

- Excellent clinical care with low infection rates
- Low wait times; we pride ourselves on providing an efficient, robust service, well within the national maximum wait times.
- High levels of patient satisfaction. Patients accessing the service rate the overall experience as extremely positive and successful.
- A team of experienced, friendly GP surgeons offering comprehensive patient consultation throughout the treatment pathway.
- The GP vasectomy surgeons are members of the Association of Surgeons in Primary Care (ASPC) which meet on an annual basis to discuss techniques and processes.
- A one stop shop for vasectomy operations.
- Information will be shared with your own GP including procedure details and semen analysis results.
- A robust, efficient and flexible administrative service co-ordinating the entire experience, from referral to follow up appointment.

For a copy of our privacy policy which is in line with new General Data Protection Regulations, (GDPR) please see our website: www.spamedicalcentre.co.uk or telephone a Clinical Coordinator on 01225 898014/15