

## Does Vasectomy Cause Any Medical Problems?

Medical experts, including special panels convened by The World Health Organization, have concluded that vasectomy is a safe procedure. A number of studies have examined the long term health effects of vasectomy and research evidence continues to be reassuring suggesting that vasectomized men are no more likely than other men to develop heart disease, cancer, or other illnesses. Post vasectomy pain syndrome is, in our experience, extremely rare.

## Can a No-Scalpel Vasectomy be Reversed?

No more than any other vasectomy procedure. Remember that vasectomy, especially by the no-scalpel method is quick, convenient and causes very little discomfort, but **vasectomies should be considered permanent**. Reversal operations are expensive and often unsuccessful. If you are thinking about reversal, perhaps vasectomy is not right for you.

## How do I Get There?



There is a car park on the opposite side of the road to the surgery.  
The surgery is just a 10 minutes' walk from the train station and a 5 minute drive from the A1 (M).

**Please contact us to book an appointment.**

**Hertfordshire Vasectomy Service, provided by Tollgate Clinic at**

**Peartree Lane Surgery, 110 Peartree Lane, Welwyn Garden City, Herts AL7 3UL**

**Telephone: 01707 527450**

**[www.tollgateclinic.com](http://www.tollgateclinic.com)**

Literature provided by Tollgate Clinic is also available in other formats.  
Please contact us for further details.

TOLLGATE CLINIC

COMMUNITY SURGICAL SERVICES



## NO-SCALPEL VASECTOMY

Permanent Contraception for Men

**Available:** Appointments for the procedure are usually available with only a 2 to 5 week wait.

**Affordable:** There is no charge for our No Scalpel Vasectomy if your GP Surgery is in **East and North Herts CCG** as this cost is covered by the NHS. Your GP will be able to refer you to us for this procedure.

### Advantages of No-Scalpel Vasectomy over conventional methods:

- Less discomfort
- One small opening in the skin instead of two incisions
- No stitches
- Faster procedure
- Faster recovery
- Less chance of bleeding and other complications
- Just as effective

### How Can I Be Sure I Want a Vasectomy?

Be absolutely sure you don't want to father a child under any circumstances. Talk to your partner; it's essential to make the decision together. Consider other methods of birth control as well. A vasectomy might not be right for you if you are very young, your current relationship is not stable, you are having the Vasectomy just to please your partner, or if you are under a lot of stress.

### Which doctor will I see?

You will see one of our clinical team:

- Dr Yen Lam MRCS, GP with Special Interest in Vasectomy
- Dr Soon Lim, Director of Minor Surgery for RCGP Beds & Herts, East Anglia, Thames Valley, Essex, Midland and Leicester. President Elect and Education Lead for the Association of Surgeons in Primary Care. Course Director for the annual Vasectomy Study Day

## What is Different about a No-Scalpel Vasectomy?

No-scalpel vasectomy is different from a conventional vasectomy in the way the doctor gets to the tubes. This makes the procedure much less painful.

In a conventional vasectomy, after the scrotum has been numbed with a local anaesthetic the doctor makes one or two small cuts in the skin with a scalpel and lifts out each tube in turn, cutting and blocking it so the sperm cannot reach the semen. Then the doctor stitches the cuts closed.

In a no-scalpel vasectomy, the doctor feels for the tubes under the skin and holds them in place with a small clamp. Instead of making two incisions, the doctor makes one tiny opening with a special instrument so the tubes can be reached. The tubes are then blocked using a cautery method. There is very little bleeding with the no-scalpel technique. No stitches are needed to close the tiny opening, which heals quickly.

The no-scalpel vasectomy was invented by a Chinese surgeon, and is used throughout China. It was introduced in the United States in 1988, and our Founder, Dr Spooner, converted to this method after receiving training from US doctors in 1995. Dr Spooner performed over 10,000 vasectomies.

## Is No-Scalpel Vasectomy Safe?

Vasectomy in general is safe and simple. Vasectomy is an operation and all surgery has some risks, such as bleeding, bruising, infection or scarring. But serious problems are very rare.

## Does No-Scalpel Vasectomy Work?

Yes. It is estimated that after being confirmed sterile after a 16 week sample, there is less than a 1 in 2,000 chance that a man's partner will become pregnant.

## Do I need a Referral?

You need to see your GP who will refer you to our service. Appointments are made via the NHS E-Referral System and your GP will advise you on how to do this. Please contact us if you have questions on how to book

## How Long Will the No-Scalpel Vasectomy Procedure Take?

A 15 minute pre-consultation appointment will be arranged for you to discuss your planned no-scalpel vasectomy. A minimum of 10 days required between your pre-consultation appointment and surgery to allow you 'consideration time' before consenting to the procedure. Your appointment for surgery will last approximately 30 minutes. Your partner does not have to attend with you but it may be helpful if she does. You should bring someone with you to drive you home afterwards.

## Will It Hurt?

When the local anaesthetic is injected into the skin of the scrotum, you will feel some discomfort, but as soon as it takes effect, you should feel no pain. Afterwards you may be sore for a couple of days, and you might want to take a painkiller such as paracetamol. The discomfort is usually much less with no-scalpel technique as there is less injury to the tissues. Also, there are no stitches. You will be provided with complete instructions about what to do after surgery.

## How Soon Can I Go Back to Work?

You should take it easy for at least 48 hours after your vasectomy. If your job doesn't involve heavy work, you can then go back. If it does you should take a full week off.

## Will Vasectomy Change Me Sexually?

The only thing that will change is that you will not be able to make your partner pregnant. Your body will continue to produce the hormones that make you a man. You will have the same amount of semen. Vasectomy won't change your beard, muscles, sex drive, erections, or your climaxes. And you won't sing soprano. Some men say that without the worry of accidental pregnancy and the bother of other birth control methods, sex is more relaxed and enjoyable than before.

## Will I Be Sterile Right Away?

No. After a vasectomy, there are always some active sperm remaining. It takes about 25 ejaculations to clear them. You and your partner should use another form of birth control until a sample of your semen has been tested 16 weeks after your operation and confirmed free of sperm. We arrange for the testing and it is very important that you wait for the results before stopping using the other method of birth control. Occasionally a vasectomy fails and sometimes if sperm are slow to clear, further samples are needed.

## When Can I Start Having Sex Again?

After one week, but remember to use some other kind of birth control until you have received the letter to say that you are sterile.

## Will It Protect Me from Getting or Passing on STDs or AIDS?

No. It will only prevent you from making your partner pregnant. If you or your partner have a sexual disease, or have more than one sexual partner, the best way to protect yourself and your partner is to use a condom.