

Q: What post-operative precautions must I observe?

A: Another adult must accompany you to the clinic or come later to pick you up. The operation lasts approximately half an hour although it may be longer occasionally. You should not drive home yourself. Although there may not be any pain for up to 2 hours after the operation, you will be expected to have some pain once the anaesthetic wears off. You will need some painkillers during the first 24 hours, after which the pain should be bearable. There may be some bruising in the groin or scrotal area, which is quite usual. Sometimes there is more pain in the groin rather than in the operation area, which could last many days. This normally responds well to simple painkillers.

For the first 24 hours you are advised to remain off your feet as much as possible as this helps to minimise the bleeding. It is not routine to prescribe antibiotics post operatively but it may be necessary occasionally.

Normally, there will be no need of doctor seeing you after the operation, but if you notice any complications, you should call the doctor and arrange for post-operative check.

A shower may be taken after 24 hours although it is not advisable to take a bath for 4-5 days. Normally there are no outside stitches — if there are any they will be self dissolving and will not need removal.

Most men are able to resume work after 2-3 days but if your work involves excessive physical strain such as lifting, lot of walking and heavy driving etc., you must take at least 1 week off work. You should avoid all physical sports for about a month.

GPwSI (GP with Special Interest)

Dr Sajiv K. Gupta
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GP with Special Interest in Minor Surgery
Member of **BANSV** (British Association of
No-Scalpel Vasectomists)

Accredited by Following PCT's for
Vasectomy:

- ◆ Greenwich Teaching PCT
- ◆ Bexley PCT
- ◆ Thurrock & Essex PCT

Dr Gupta has been performing Vasectomies in Primary care since 1990 and has experience of over 3000 procedures

Operation Premises:

We operate from purpose built and fully equipped Oper-

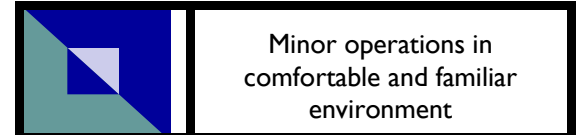
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Minor operations in
comfortable and familiar
environment

VASECTOMY - NO SCALPEL TECHNIQUE

Vasectomy is an effective and permanent method of birth control. It is accepted all over the world by men as a simple and least invasive surgical operation, offering a number of proven benefits over other contraception methods. Unlike women undergoing sterilization operation, men suffer from much less trauma with fewer post-operative complications.

Now "No scalpel technique" has become a very popular and accepted as norm in Britain during recent years, since Dr Li in China described this procedure some years ago with well recognised benefits over the traditional techniques. Currently this is the only recommended way of performing Vasectomy by Royal College of Gynaecology.

The operation is done under local anaesthetic through a tiny puncture wound, without the use of a scalpel thus minimising bleeding. The local anaesthetic method employed is also different than the one for traditional method. Here the injection is given proximally allowing pain free operation. Both vasa are lifted out of same puncture wound by a special instrument, which is much less traumatic. Post-operative complications are also rare as compared to traditional procedure, but as with any surgical operation bleeding and infections are the possible risks but are significantly lower.

The Waverley Vasectomy Services
www.non-scalpelvasectomy.co.uk

Tel: 020 8317 7258

Frequently Asked Questions

Q: How can I be sure about Vasectomy?

A: Vasectomy is a very reliable method of birth control. However, the operation should be considered irreversible. Reversal may be possible but is less successful.

Q: How soon after the operation is contraception effective?

A: It takes 3-4 months to be sterile after the operation. The reason is that the sperms still stay behind in the portion of vas deferens between the cut tube (at operation site) and end of the penis. Time must be allowed for this to be flushed out at every ejaculation. To ensure sterility, 1 sperm count is undertaken about 3 months after the operation. Until at least one count is negative you must use alternative contraception and you will be advised when it can be stopped. In some cases further tests or rarely a second operation may become necessary.

Q: Is Vasectomy 100% reliable?

A: Vasectomy is 99.5% reliable. The method carries a very small failure rate. In rare cases of early joining, the tubes grow back together, usually within the first 3 months. In such cases sperm count will never become negative (approximately 0.5%) and it may be necessary to re-operate. In still rarer cases (approximately 0.05%), tubes may join later on, called recanalisation, after once becoming sterile. This unfortunately is only detected by pregnancy in spouse.

Q: Will the operation affect my libido?

A: NO. Vasectomy has no effect on male sex organs or sexual activity. The male sex hormones continue to be secreted in the blood stream as before. The quantity of semen ejaculated remains the same except that it contains no sperm. The operation

does not change who you are and how you feel about sex. It only prevents you from fathering children.

Q: What other points must I consider before deciding about the operation.

A: You must consider a number of questions, which you may discuss with your wife or partner although her consent is not legally required. For example:

- ◆ If one of your existing children were to die would you want another?
- ◆ Are you old enough to make such a final decision about parenthood?
- ◆ Is there a chance that your marriage or present relationship might break up? Sometimes people think that sterilisation will solve a marital or sexual problem. It may not. Should you start a new relationship you may then regret that you cannot father more children.
- ◆ Do you think your ability to father children affects the way you feel about yourself as a man? The operation will not affect your sexual feelings but if you feel sterilisation will psychologically affect your feeling of masculinity then you need to think very carefully before deciding upon vasectomy.
- ◆ Have you and your partner discussed and considered other methods of contraception? If these have failed or are unsuitable then perhaps vasectomy is the answer. But if you feel you need further advice from a doctor, you must do so.

Remember you will see the doctor before the operation when you can ask any further questions that you may have. After your complete satisfaction and total commitment, then consent for the operation will be signed and the operation date and time will be organised. You will have full right to cancel your consent to operation even after signing it.

Q: How do I prepare myself before the operation?

A: Operation list will normally start at 10.00am or 2.00pm on the day. You may eat or drink something light 2 or more hours before your operation time.

The night before the operation you must shave all the scrotal hair carefully.

Please arrive at the clinic 10-15 minutes early to allow you to relax and settle before the operation.

Please make sure that you are picked up by someone after the operation. It is not advisable to drive yourself home.

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