

By Robert Pugach, MD



Is a Vasectomy Right for Me?

Many men, at some point of their lives, have considered a vasectomy as a permanent form of birth control. Whether this decision is for couples who have completed their family, or for men who have decided not to have more children, there is a way for the man to have a vasectomy without fear...the “No Scalpel/No Needle Vasectomy!” This technique, as the name states, does not use a scalpel. Let’s explore some of the common questions I am often asked by my patients.

What is a vasectomy?

A vasectomy is a procedure that cuts the two tubes that carry sperm from the testicles to the ejaculatory ducts in the prostate.

What is the difference between a traditional vasectomy and the “No Scalpel/No Needle” vasectomy?

In a traditional vasectomy, a scalpel is used to make one or two incisions in the scrotum. These are large enough to require stitches to close them. With the “No Scalpel” technique, tiny tips from a special clamp are used to separate the skin edges 3/16 of an inch. The procedure can be done through this small opening and stitches are rarely required. The smaller opening and shorter procedure time (typically 10-15 minutes) result in faster recovery and less pain.

Instead of passing a sharp needle through your skin several times to inject novocaine, a device sprays novocaine at high speed to and through your skin surface. Nothing sharp will penetrate your skin – all you will feel is a slight stinging sensation from the spray for a few seconds.

How much pain will I experience?

The pain is minimal. Most men use the words “minor ache” or “discomfort” rather than pain.

When can I resume activities?

The key is to take it easy for the first 24 – 36 hours. You will have some gauze dressings and a scrotal supporter on for 48 hours, after which you can shower and resume all activities.

What happens to my sex life after a vasectomy?

A vasectomy results in an interruption to the flow of sperm. Nothing is done to change the blood flow to your penis that caus-



es an erection and nothing is done to change your hormone levels so your libido (sex drive) doesn’t change. Since the majority of semen in your ejaculate is made from fluid that comes from the seminal vesicles, you should see almost no change in the volume or consistency of your ejaculate after your vasectomy.

How long will it take for my sperm count to be zero?

It typically takes at least 10 weeks to clear out all of the sperm from the tubes that are still connected to the ejaculatory ducts in your prostate. When you have two samples given one month apart that show zero sperm, it is considered safe to have sexual activity without contraception. Until then, you should be sure to use appropriate protection to prevent a pregnancy.

Is it safer for a man to have a vasectomy or for a woman to have her tubes tied?

It’s safer for a man to have a vasectomy. A vasectomy is done through the scrotum and requires only a local anesthetic in a urologist’s office. **HB**

The No Scalpel/No Needle technique is the latest improvement offered by Pacific Coast Urology Medical Center – a leader in minimally invasive urology. If you would like to learn more and find out if a vasectomy is right for you, give us a call at 888-735-4336 Visit: www.pacificcoasturology.com for more information.