

## **NO NEEDLE VASECTOMY**

Vasectomy is considered irreversible.

In a vasectomy, the tubes carrying sperm (vas deferens) from the testicles are blocked or cut. A vasectomy prevents sperm from mixing with the semen, making the man sterile.

In a traditional vasectomy, two incisions (cuts) are made in the scrotum and through these, each vas gets located, cut, and both ends tied. Finally, the skin wounds are closed with stitches.

Vasectomy Toowoomba differs in how the local anaesthetic gets administered and the keyhole cuts in the scrotum do not get sutured. Instead, vasectomy Toowoomba does open-ended vasectomy.

### **No-Needle Vasectomy**

Vasectomy Toowoomba uses a refinement method of local anaesthetic administration that doesn't involve needles. Instead, an instrument called a MadaJet delivers a stream of anaesthetic so fine that it penetrates the skin and numbs a coin-sized patch of the scrotal skin. Then the vasectomy doctor feels for the vas under the skin of the scrotum and holds it in place with his fingers. Only a tiny puncture is required in the skin. Next, a vasectomy ring clamp is inserted through the opening so the tube (vas deference) can be cut, tied, or clipped.

### **Open-ended vasectomy**

Vasectomy Toowoomba does open-end vasectomy. That means only the proximal (prostate) end of the tube (vas deference) gets tied or clipped. The distal (testicular) end of the tube is left open. Closing the testicular end has caused several problems. Increased intraluminal pressure occasionally leads to the pain of congestive epididymitis or pain from a sperm granuloma. When the testicular end is left open, there is no damage to the vas, epididymis, or testicle from increased pressure. Thus, leaving the testicular end open can reduce late postoperative pain.

This approach produces minimal bleeding, and no stitches are needed to close the scrotal punctures, which heal quickly by themselves. The newer method also has less pain and fewer complications than conventional vasectomy.

Overall, this method, you will have minor discomfort, and recovery is faster.

### **No Referral Needed**

You don't need a referral from your doctor to have a vasectomy procedure at Vasectomy Toowoomba. Contact us, and we can organise a pre-care consultation and book you straight in for a vasectomy appointment. The total time needed for the consultation and vasectomy is 45 minutes. Your consultation and vasectomy procedure will take place on the same day with an experienced vasectomy doctor. Only local anaesthetic is required.

### **Vasectomy procedure**

A vasectomy is a surgical procedure for men who have decided not to have more children.

Vasectomy is the only permanent method of contraception for men and has a failure rate significantly lower than 0.1%. Vasectomy procedures are one of Australia's most commonly performed surgical procedures, with over 23,000 men getting one each year.

The vasectomy procedure involves separating, cutting, tying, or clipping the tubes that move sperm from the testicles to the penis. After the procedure, ejaculated semen will contain no

sperm. Sperm is the component in the ejaculate that leads to pregnancy. After the vasectomy, the semen gets reabsorbed into your body. Therefore, it does not integrate into your ejaculate.

### **Vasectomy procedure types**

Before considering a vasectomy procedure, it's essential to understand that you should consider it an irreversible process. While vasectomy reversal services exist, we don't offer this procedure and advise our patients to treat their vasectomy as non-reversible. Vasectomy reversals are costly, not generally covered by health insurance and do not have a 100% success rate. Vasectomies are for people who are sure they've completed their family or are confident they don't want to have children.

### **Getting home after your vasectomy procedure**

You will be able to drive yourself home from your vasectomy procedure.

### **Vasectomy recovery**

Managing pain during vasectomy recovery

After your procedure, you may notice a small scar on your scrotum. The scar will lessen over time as you recover from your vasectomy. Any pain or discomfort you experience during your vasectomy recovery can be treated with Paracetamol or Ibuprofen and an appropriately placed cold pack.

### **Returning To Work After Vasectomy**

Depending on the kind of work that you do, you might be able to return to work the day after your procedure. Following day at work apply mainly to people who predominantly work behind a desk or counter.

However, if your role involves any heavy lifting, reaching, stretching, or other physical exertion, you may want to request to be put on light duties for your first week back at work. If this is not possible, you will need to take the week off work (we can provide medical certificates upon request) to recover before you return.

### **Physical activity after your vasectomy**

You won't be able to engage in physically strenuous activities (walking & standing all day or carrying more than 10-15 kg) for one week after your procedure.

If you play non-contact sports (golf, tennis, swimming, etc.), you must take ten days off before returning.

If you are a cyclist, you will need two weeks before returning to stationary cycling, three weeks before road cycling and four weeks before mountain biking.

If you play contact sports (rugby, soccer, hockey, etc.), you must take one month off before returning.

### **Sex after your vasectomy.**

While recovering, you'll need to abstain from sex for the first few days after your procedure. Once you're physically able to have sex again, you'll need to use another form of protection, such as condoms, until your semen is confirmed to be clear of all sperm.

Once you've recovered and had your sperm tested, you'll be able to have sex without contraception. However, for the first three months after your procedure, you must use contraception during sex. This is because until you have your semen test and we ensure that no sperm is present, it's still possible for you to get someone pregnant.

It's also important to remember that your vasectomy won't protect you from STIs. So always use barrier protection, such as condoms, when there might be a risk of STIs. In addition, your vasectomy will not impact your sexual performance or ability to ejaculate.

Many men who have had vasectomies report enjoying more frequent and satisfying sex since they're no longer concerned about pregnancy, so enjoy your stress-free sex!