

No-scalpel Vasectomy Community Clinic

The SMC Community Vasectomy clinic is an NHS service currently running at Stanford Medical Centre. We provide a high quality, cost effective NHS vasectomy service in a primary care setting. The vasectomy procedure is available to all patients not just those of Stanford Medical Centre but for all those living within the Brighton & Hove area.

The vasectomy service is carried out by Dr Al Punja who has attained the Certificate in Local Vasectomy of The Faculty of Sexual and Reproductive Healthcare (FSRH).

If you are interested in having this vasectomy procedure please make an appointment with your normal GP and ask them to refer you via Choose and Book or by standard referral letter. Choose and Book is where your GP will offer you the choice of provider and may be able to give you an indication of waiting list time.

Here we aim to offer an appointment within 8 weeks of receiving your referral. Please be aware the consultation and the procedure are carried out at separate appointments.

Once booked, you will be due to come to the Vasectomy Clinic on the ground floor at 175 Preston Road, for your operation. We hope this information will give you some idea of what to expect and help you understand what happens during and after the operation.

If you have any worries or questions about your operation, please feel free to telephone us on 01273 560111 or 506361 (press 3 for appointments), and we will happily arrange a telephone conversation with Dr Punja.

[Before your Appointment](#)

The day before your operation you will need to remove the hair from your scrotum. This should be done by very careful shaving.

Please wash thoroughly before arrival. This will reduce the risk of post-operative infection. Please also wear **tight supportive** underwear to your appointment.

When you arrive on the unit, the Receptionist will welcome you and the Surgeon will take you through to the Minor Ops suite to prepare you for the consultation and procedure. The consultation is an opportunity for you to meet the Surgeon and for him to answer any questions you may have. Dr Punja will also confirm whether you are suitable for surgery under local anaesthetic at the clinic. You are welcome to bring your partner along as well. Please be advised you are able to eat before the surgery, in fact we recommend you do.

What is a Vasectomy?

Vasectomy is the surgical removal of all or part of the tubes (vas deferens) which carry a man's sperm from his testes to the semen, as a means of sterilisation. Vasectomy prevents sperm from being added to the man's ejaculation fluid (semen); therefore, he can no longer make a woman pregnant. The sperm containing fluid that is blocked by vasectomy constitutes only 3% of a man's semen volume. Therefore, a man will not notice any changes in his semen. Vasectomy is simply an effective, inexpensive, easy-to-perform method of contraception.

What is the No-Scalpel Vasectomy (NSV)?

No-scalpel vasectomy is a safe, minimally invasive procedure that reduces vasectomy's already low complication rate. The NSV was developed in China by Dr. Shunqiang Li in 1974. Instead of cutting the scrotal skin, the skin is punctured and the vas is delivered with two special instruments. Over 15 million men have undergone the NSV procedure worldwide since 1974. It is rapidly becoming the standard vasectomy technique in the United Kingdom.

What are the benefits of No-Scalpel Vasectomy?

The benefits of no-scalpel vasectomy are:

- Less discomfort.
- Ten times fewer complications than conventional (scalpel) vasectomy technique.
- No stitches needed.
- 40 to 50% quicker recovery than conventional vasectomy.

What is different about a No-Scalpel Vasectomy?

No-scalpel vasectomy is different from a conventional vasectomy in the way the doctor approaches the vas deferens. In addition, an improved method of Anaesthesia helps make the procedure less painful. The scrotum is cleaned and a local anaesthetic is injected to completely numb the area. The Surgeon feels for the vas deferens under the skin and once it is isolated the Surgeon makes one tiny puncture with a special instrument. The same instrument is used to gently stretch the opening so the tubes can be reached. The ends of the tubes are then cauterised with a hyfrecator. There is very little bleeding with the no-scalpel technique. In most cases no stitches are needed to close the tiny opening, which heals quickly, with no scar.

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, and infection. However, serious problems rarely happen.

Is No-Scalpel Vasectomy painful?

The no-scalpel vasectomy is an almost painless procedure. You may experience mild discomfort when the local anaesthesia is administered. However, once it takes effect you should feel no pain. Some men feel a slight "tugging" sensation during the procedure.

Will it hurt after No-Scalpel Vasectomy?

After surgery you may be a little sore for a few days. We would advise you to purchase over the counter painkillers prior to undergoing the operation. Ensure you shower daily and keep the area clean and dry. Generally, at least two day's rest is enough time for recovery before men can return to work and most normal, non-strenuous physical activity. Sex can usually be resumed 7 days after the procedure, and you might want to take a mild painkiller. But the discomfort is usually less with the no-scalpel technique, because there is less injury to the tissue. Your doctor or nurse will provide you with complete instructions about what to do after surgery. It is a good idea to use frozen peas on the scrotum twice a day to minimise any side effects (ensure the peas are not in direct contact with the skin - we recommend wrapping them in a towel first before applying to the skin). It is also advised that you wear **tight supportive underwear** for 7 days following the operation.

How can I be sure I need a vasectomy?

Well, first, you must be absolutely sure that you don't want to father a child under any circumstances. Then, talk to your partner; it's a good idea to make the decision together. Consider other kinds of birth control. Talk to a friend or relative who has had a vasectomy. Think about how you would feel if your partner had an unplanned pregnancy. Talk with a doctor, nurse, or family planning counsellor. 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, you are under a lot of stress, or you are counting on being able to reverse the procedure later.

Will a 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 produce the same amount of semen. Vasectomy won't change your beard, your muscles, your sex drive, your erections, or your climaxes. Some men say that following a vasectomy, without the worry of accidental pregnancy or other birth control methods (**only after you have been informed of a negative semen analysis**), sex is more relaxed and enjoyable than before.

How will vasectomy affect me?

Vasectomy only interrupts the vas deferens that carry sperm from the testes to where they are added to your semen. It does not alter a man's sensation of orgasm and pleasure. Your penis and your testes are not altered in any way. The operation has no noticeable impact on the man's ability to perform sexually, nor does it affect the balance of male hormones, male sex characteristics, or sex drive. As always, testosterone continues to be produced in the testes and delivered into the blood stream. Your body still produces semen, and erections and ejaculations occur normally. As before, the body naturally absorbs unused sperm. The patient will not feel any different physically from the way he felt before. Vasectomy is simply a sterilization procedure; once it has been performed, a man's semen will no longer contain sperm and he can no longer father a child.

Will I be sterile right away?

No. After a vasectomy, there are always some active sperm left in your system. It takes at least 30 ejaculations to clear them. You and your partner should use some other form of birth control until your semen is tested and we inform you it is free of sperm. Semen will be tested 16 weeks after the procedure. Please then abstain 2 days prior to producing the sample. You are to produce a semen specimen into a container which will be given to you on the day of your Vasectomy. You need to place this in the Postal Pack provided, ensuring you mark down, date and time of producing sample on the form. Send this to AccuLab Diagnostics Ltd only on a Monday, Tuesday or Wednesday,

Can I discontinue other birth control methods right away?

No. Sperm can remain in the vas deferens above the operation site for weeks or even months after vasectomy. You will not be considered sterile until a single post-vasectomy semen analysis shows that no sperm remain in your ejaculate. **Until then, you must continue to use other birth control methods to prevent pregnancy.**

How soon can I go back to work?

You should not do heavy physical labour for at least 7 to 14 days after your vasectomy. If your job doesn't involve this kind of work, you can go back sooner (around 2 days post op) if you feel comfortable.

When can I start having sex again?

Sex can usually be resumed 7 days after the procedure, but remember to use some other kind of birth control until the doctor says you are sterile.

Are there potential complications associated with Vasectomy?

Yes. All contraceptive methods carry some risks as well as benefits. Vasectomy is a very low risk procedure, but complications are possible.

Bleeding and infections are the most common (although rare) complications of vasectomy. These occur in 3.1% of men undergoing a conventional vasectomy and less than 0.4% of men undergoing a No-Scalpel Vasectomy. The no-scalpel method we describe is associated with a much lower rate of bleeding because the skin and vas sheath are punctured and the opening is then dilated, so blood vessels are more likely to be pushed aside rather than cut. The risk of a severe complication occurring, one that would require admission to the hospital is less than one in a thousand (0.01%).

Failure of the procedure - Vasectomy is not guaranteed to be 100% effective. Even when the procedure is performed perfectly, recanalization (sperm finding their way across the blocked ends of the vas deferens) can occur. Although this is very rare, (less than 0.2% of the time), it can occur months or even years later. This demonstrates the necessity of performing semen analyses at least 4 months post-vasectomy to verify that the patient's semen contains no sperm. Recanalization usually occurs in the first 2-3 months after vasectomy (incidence 1/500), but has been known, in extremely rare cases, to occur even years later (incidence 1/4500).

Sperm granuloma, a hard, sometimes painful lump, about the size of a pea, may form as a result of sperm leaking from the end of the vas deferens. The lump is not dangerous and is almost always resolved by the body in time. Scrotal support and mild pain relievers are usually all that are required to alleviate the symptoms,

although the doctor may suggest other treatments. Congestion, a sense of fullness or pressure caused by sperm in the testes, epididymis, and lower vas deferens, may cause discomfort some 2 to 12 weeks after vasectomy. Like granuloma, congestion is not serious and usually resolves itself in time. A small number of men have a dull ache in the scrotum for a few months after the operation. This usually settles over time.

Are there any long-term health risks?

Since most men live for a long period of time after a vasectomy, it has been possible to investigate thoroughly, the possibility of long-term health risks associated with vasectomy. Over 10 studies have evaluated more than 20,000 men who have had vasectomies, documenting their progress for up to 25 years after the procedure. The data indicates that men having a vasectomy are no more likely to develop cancer, heart disease or other health problems.

Will vasectomy 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 latex condom.

Can a vasectomy be reversed?

An estimated 2 - 6% of men undergoing vasectomy may request a reversal at a later date. This is not available on the NHS. In many cases, the cut ends of the vas deferens can be surgically reattached. However, this operation does not guarantee a return to fertility. Vasectomy reversal appears to be more successful if performed within 10 years of the vasectomy, but again, there is no guarantee that fertility will be restored. Vasectomy should therefore be considered a permanent procedure. Before you choose to have a vasectomy, make quite sure that you and your partner do not want any more children. If you are thinking about a reversal now, perhaps you should take more time to decide whether vasectomy is right for you. In conclusion, the operation must be considered permanent.

You will be given a Feedback Form after your surgery, which will provide you with an opportunity to give your opinions on the service.

If you have any worries or questions about your operation, please feel free to telephone us on 01273 560111 or 506361 (press 3 for appointments), and we will happily arrange a telephone conversation with Dr Punja.

You will be notified by the Surgeon when the result of your semen analysis has been received. In older patients (over 35) it may take longer for residual sperm to clear. Occasionally a second or even third sample may be required if the first is not yet clear. We will provide further containers by post to you.

If you have not been notified 3 weeks after sending your specimen to the lab, please contact us on 01273 506361 (press 3 for appointments).

Problems

On the day of your surgery:

If you have any problems such as increased swelling, pain, bleeding, wound discharge or generally feeling unwell please contact us on 01273 506361(press 3 for appointments), and we will ask a Clinician to contact you.

After the day of your surgery:

Please contact your own GP and if after hours, South East Health Ltd 03000 242424 or alternatively attend the A&E Department, Royal Sussex County Hospital, Eastern Road, Brighton.

Please note that the Vasectomy Clinic only operates at this site on Tuesday and Wednesday mornings up until 12.00pm. Please do not just show up at the clinic as there will not be anyone on hand to help you.

Please notify us on 01273 506361(press 3 for appointments) if you have any change of address, telephone number or GP in order for us to update your records.

If you have any comments or complaints you wish us to know about, please contact Cheryl Palmer Practice Business Manager on 01273 506361(press 3 for appointments) or cheryl.palmer1@nhs.net who will be happy to deal with the matter.