

POST-OP VASECTOMY INFORMATION

Rest for at least 24 hours. No shower for 24 hours. Remove the dressing during the first shower. Wear supportive underpants until free of discomfort.

Take the pain relief as directed until the discomfort has settled.

You can start sexual activity when you feel able (usually about 1 week) but wait until you are completely discomfort free.

Note: you must use alternative contraception until there is a zero sperm count.

The simplest way to do the post vasectomy sperm check is to use alternate contraception for 4 months and ensure there has been at least 20-25 ejaculates then take a test sample to any one of the laboratories on the list. You have 2-3 hours to drop the sample off. After 5-7 days please contact the nurse on 377-5525 to get the test result. If the count is zero you can stop contraception and no further testing is required

(Note: you must phone in person as medico-legally we have to give the result to you personally.)

If the count is not zero, please continue contraception, do another test after 10-15 more ejaculates. You should have a zero count post-op to be considered safe.

If you are keen to stop contraception earlier, you can do the first sperm count after 20-25 ejaculates and not before 6 weeks post-op. If this count is zero you can stop contraception if you wish, though you must send a second sample to the lab 4 months after the operation, which is the end of the healing phase, for final confirmation. You cannot be absolutely considered safe until the test 4 months post op is zero.

Please do not hesitate to contact us if there are any problems or queries.

Contact numbers:

Surgery: 377 5525 •

Dr. Gerald Young B.H.B., M.B., Ch.B. FRNZCGP Mob: 027 490 7763

Dr. T Pritchard B.H.B., M.B., Ch.B. Dip Obst. FRNZCGP Mob: 021 768 568

OTHER PROCEDURES

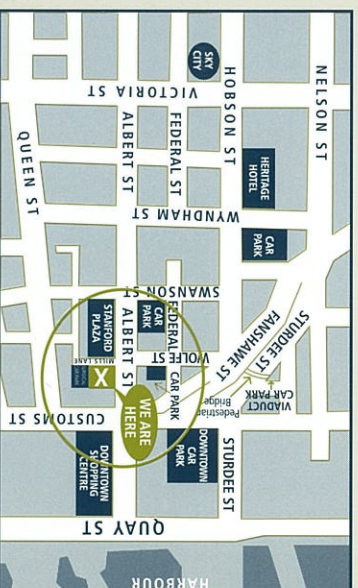
- Skin Surgery • Hernia
- Carpal Tunnel • Ingrown Toenail
- Melanoma • Circumcision

SURGICAL CARPARK

Drive down Mills Lane to the very end of the Quay West Building. The carparks are in the very back corner of the building at street level.

Do NOT take the first left turn into the building, which is the ramp for private parking. Drive past this entrance another few metres and you will see the CityMed Surgical Clinic carparks.

Please advise reception of the make of your car and registration Thank you.

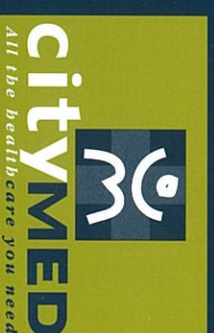


Ground Level Quay West Building

Cnr Albert St & Mills Lane Auckland City

PHONE: 09-3775525

www.citymed.co.nz



CityMed Vasectomy Clinic

For couples in a stable relationship who have completed the ir family vasectomy takes away the concern of unplanned pregnancy. Using the modern "no-scalpel" technique the vasectomy is performed with minimal discomfort.

Vasectomy is the surgical division of the vas deferens to bring about sterilisation. The vas deferens are the tubes that store and transport sperm from the testis to the prostate gland, sperm then comes out of the penis on ejaculation. The sperm account for only a small portion of the ejaculatory fluid.

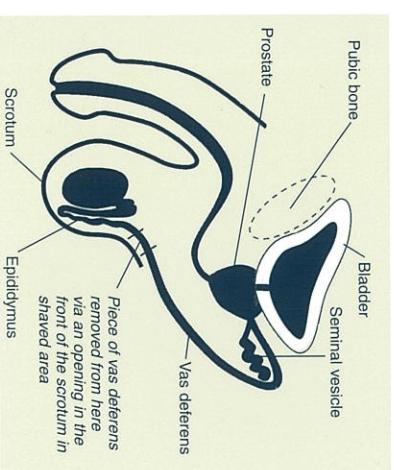
Vasectomy doesn't affect the production of testosterone.

Make sure both you and your partner have no reservations about having a permanent form of contraception. Even though we can reverse the procedure it is not always successful so vasectomy should be considered irreversible.

It may be worth considering semen storage if you are not 100% sure. For information regarding this please contact Fertility Associates on 09 520 9520.

When planning for the operation, make sure you have allowed 2 days to recuperate afterward (longer if you have a strenuous manual job), and that you need to arrange someone to take you home afterward.

Please do not hesitate to have a separate pre-operative consultation if you have any doubts or concerns.



A dose of antibiotics is given before the procedure to prevent infection. If you are at all nervous sedation can be given before the procedure starts then an injection of local anaesthesia is given into a small area on the front of the scrotum, just underneath the penis. After this, the procedure is painless.

The Keyhole No Scalpel Technique

Using a special vasectomy dissector the numb skin of the scrotum is entered in the midline, directly under the penis. Via this small keyhole opening the vas deferens on the left side is exposed and a 1-2 cm segment is removed and sent to the lab-oratory to confirm that it is the vas deferens. The ends are cauterised and then sutured to keep both ends separated. The same procedure is repeated on the right side through the same opening.

There will be a dressing over the wound which is to be removed in the shower the next day. Please wait until the next day to shower. Avoid as much activity as possible for the first 24-48 hours. If you carefully follow the post-op instructions; rest, wear supportive underwear, take regular pain relief, there should not be any problems. Most of the discomfort should subside over the first 2-4 days.

Please note:- There are still sperm remaining in the tubules. They will eventually clear with ejaculations. It is important to do the sperm counts post-operatively, as instructed to check that there are none remaining.

You will not notice any difference when you ejaculate in either sensation or appearance of the ejaculate. There is a 1-2 in 1000 chance of a spontaneous rejoin on one side or the other. This normally happens in the healing phase (4 months post-op) and is picked up on the sperm counts. In this case the sperm count would increase rather than decrease. Late rejoins are very rare, but can occur even after the final clearance.

Please note that the thought of the operation is always worse than the procedure itself.

It is necessary to confirm your operation the day before your appointment, by phone 3775525. If you fail to confirm, your operation may be cancelled for that day. You need to completely shave the front of the scrotum across to the sides of the groin and up the underside of the penis. Alternatively you can use depilatory cream (please test patch this cream before using as some people may be sensitive to it). It is not necessary to shave the pubic hair above the penis. The entry is made on the mid-line of the scrotum, just under the penis.

Bring supportive underpants to wear after the operation. You may eat and drink as normal.

Please ensure that you know the location of the surgery and where you can park at the at the back of the building. See map on back. You will need to allow extra time to park, so that you are not late for the operation as we need to start on time.

Payment needs to be made at the time of the operation. If you have any queries regarding any of the above, please don't hesitate to contact us. Check with your insurance company for pre-approval options. When booking inform the reception if you are a Southern Cross member as only Dr Pritchard is an affiliated provider for Southern Cross. For Southern Cross members the operation fee is claimed directly by us so you only pay for the consultation.

*** If sedation is given you will need to arrange for someone to drive you home after the operation. The operation usually takes 45 minutes.**

CHECK LIST

Confirm appointment

Shave

Supportive underpants

* Transport

Payment