



## Is a Vasectomy an Effective Form of Birth Control?

Yes!

**Vasectomy is highly effective (over 99% effective).**

However, it does take up to three months to start working. Your semen (cum) must be checked after the vasectomy to make sure there is no more sperm in it. Until then, you must use another form of birth control to prevent pregnancy. Most people have no more sperm in their semen the first time it is tested.



## Is a Vasectomy Safe? Are There Any Side Effects?

**Vasectomy is a very safe, low-risk procedure.**

Mild bruising is the most common reaction. Other rare complications include:

- infection (very rare and can be treated with antibiotics).
- a painful bump on the vas (sperm granuloma).
- bleeding into the scrotum, causing a collection of blood (scrotal hematoma).

Some people have pain in the testes that lasts a few days (about 5%). This pain can be treated with ibuprofen or naproxen. Chronic pain is very rare (about 0.1-1%).



Commonly Asked Questions About

# Vasectomy



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Training the Nation's Title X Workforce.

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## What is a Vasectomy?

Vasectomy is a form of permanent birth control that blocks the tubes (vas deferens) that carry sperm from the testes. This prevents sperm from entering the semen.

## Is a Vasectomy Reversible?

**Vasectomies are permanent.** A person should only get a vasectomy if they are 100% positive they don't want to be able to get someone pregnant for the rest of their life. A surgical procedure does exist to reverse vasectomy, but this procedure is expensive and does not always work.

## Does a Vasectomy Hurt?

**Patients experience little or no pain during the vasectomy.** The provider uses a spray applicator or a very fine needle (the size of a hair) for local anesthesia. This numbs the skin and area around the tubes. Patients shouldn't feel sharp pain after that but may still feel pressure or movement. General anesthesia is not necessary. Some providers will offer light sedation if requested by the patient.

## Does a Vasectomy Affect my Sex Drive or my Ability to Enjoy Sex?

After a vasectomy, **sexual function does NOT change.** Sensations, erections, and ejaculations will be the same, except that the semen no longer contains sperm. After a vasectomy, the only way to tell the difference in the semen is with a microscopic semen analysis. Vasectomy does not prevent ejaculation.

## How is a Vasectomy Done?

**A provider reaches the vas tubes through a tiny skin opening in the scrotum.** The tubes are cut and sealed using heat (cauterization) and a tiny clip or sutures. This prevents the passage of sperm. The small puncture heals quickly.

## What is the Recovery from a Vasectomy Like?

Generally, a person can return to **work or light activity the within two days.** There may be some soreness for a day or two after the procedure. A cold compress or ice pack and over-the-counter pain medications can help. Wearing tight underpants or a jock strap can decrease pain with movement. A person should avoid any vigorous activity, including sports and sex, for the first 3-7 days after the vasectomy.

## How Soon After a Vasectomy Can I Have Sex?

A person should **avoid sex or masturbation for one week.** Doing that earlier won't affect your healing, but it can cause pain in your groin or bleeding in your semen. But remember, the vasectomy won't be effective right away. A Post Vasectomy Semen Analysis (PVSA) will be necessary to ensure that the semen no longer contains sperm.