



Patient Information Leaflet: Vasectomy under Local Anaesthetic

What is a Vasectomy?

A vasectomy is a **permanent method of male contraception**. It involves cutting and sealing the tubes (vas deferens) that carry sperm from the testicles. After the procedure, you will still produce semen, but it will no longer contain sperm.

At The Forbury Clinic, vasectomy is performed under **local anaesthetic**, meaning you will be awake, but the area will be fully numbed. It's a quick, low-risk procedure carried out in our outpatient setting.

Is Vasectomy Right for Me?

Vasectomy is a suitable option if:

- You are sure that you do not want any (or more) children in future
- You understand that it is **intended to be permanent**
- You and your partner have discussed other contraception options

It does **not** affect your sex drive, erections, ejaculation or hormones.

What Happens During the Procedure?

- You will lie on your back in a relaxed position
- Local anaesthetic is injected into the scrotum to numb the area
- A small incision about 1 cm is made in the skin
- The tubes that carry sperm (vas deferens) are located, cut, tied and sealed
- The procedure typically takes **30-45 minutes**
- Stitches will be used, and are dissolvable

You will be able to go home the same day.



Will It Hurt?

The local anaesthetic will prevent pain during the procedure. You may feel some tugging or pressure, but not sharp pain. Some discomfort or aching may occur for a few days afterwards — this is normal and manageable with rest and over-the-counter pain relief.

Aftercare Instructions

- **Wear snug-fitting underwear** for support for the first 48 hours
 - **Rest for 24–48 hours** and avoid strenuous activity for one week
 - Use **paracetamol or ibuprofen** if you feel sore or swollen
 - Keep the area clean and dry; avoid long baths for a few days
 - Avoid sex for 14 days and use contraception until confirmed sperm-free at 4-month sperm analysis.
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How Will I Know It Has Worked?

You **will not be sterile immediately**. Sperm can remain in the system for several weeks.

- You will be asked to provide a semen sample **4 months after the procedure**
 - Only once the test confirms no sperm will it be safe to stop other contraception
 - Occasionally, further testing or repeat procedures may be needed
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Are There Any Risks?

Vasectomy is very safe. However, as with any procedure, there are small risks:

- Mild bruising, swelling or discomfort (common, short-term)
- Infection at the incision site (rare)
- Small lump or swelling caused by sperm leakage (sperm granuloma)
- Failure of the procedure (very rare but possible if the tubes rejoin); 1:3000 long term
- Ongoing testicular ache (rare, but usually temporary) around 5%



If you experience **fever, redness, increasing pain or difficulty passing urine**, please contact us.

Will It Affect My Sex Life?

No. Vasectomy does **not** affect testosterone, erections or orgasm. You'll still ejaculate normally — the semen simply won't contain sperm.

Questions or Concerns?

Our team is here to support you — before, during and after your procedure. If you have any questions or are unsure about anything, please don't hesitate to contact us.

 **The Forbury Clinic**
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