



PROVIDING OUR PATIENTS WITH THE HIGHEST STANDARD OF PATIENT CARE



**Gentle
Procedures
Clinic**

NO-SCALPEL

Vasectomy

You are either considering or about to have a vasectomy. Patients who are informed and prepared for vasectomy can recover in less time and with less pain.

This booklet will give you the general information you need. Read it with care. We hope you find the information a useful reference guide before, during, and after your procedure.

IMPORTANT: If the doctor gives you different advice than what has been provided in this booklet, please follow the specific directions you receive.

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Welcome

At Gentle Procedures Clinic we strive to uphold the highest standards of patient care and surgical excellence. In keeping with this philosophy and to ensure that all patients are properly prepared before their vasectomy, we have prepared this manual which you should read with care.

Gentle Procedures Clinic has created private surgical rooms allowing convenient patient access to avoid long waiting times for specialists and at local hospitals. We serve patients from all over Australia. You can arrange an appointment with us within just days or weeks.

About Dr Hunt

Dr David Hunt is a respected family physician in Queensland, licensed with the Royal Australian College of General Practitioners since 1997. Dr Hunt developed a special interest in theology and studied from 1989-91 at the Asia Pacific Theological Seminary, where he obtained Master of Divinity and Master of Theology degrees.

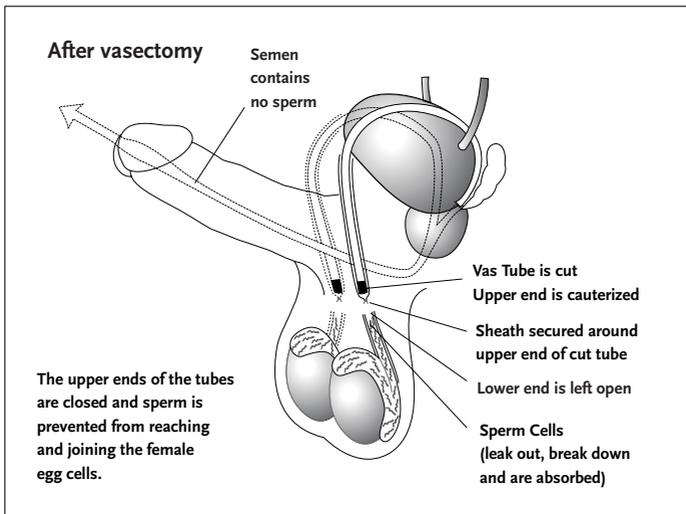
Dr Hunt has now made Vasectomy a major focus of his medical practice. He undertook extensive training in this procedure under Dr Neil Pollock in Vancouver, British Columbia, Canada. Dr Neil Pollock is a Clinical Instructor at the University of British Columbia, the University of Laval in Quebec, and is an invited guest lecturer at many hospitals throughout the world. The Pollock Technique™ is world acclaimed for its minimally invasive, quick, and virtually painless approach.

Dr Hunt provides the highest level of care while delivering surgical excellence. He is supported by a dedicated and highly qualified team who ensure the utmost comfort and superb care of patients in fully equipped procedure rooms.

Getting Started

WHAT IS A VASECTOMY?

The testicles produce sperm that travel through a tube called the vas deferens. The vas deferens or “vas” continues to travel through the prostate before joining with the vas on the other side to become the urethra, which exits through the penis. The goal in a vasectomy is to block the right and left vas. In doing so, you will ejaculate semen without sperm. A man cannot make his partner pregnant without sperm!

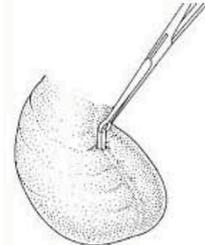


WHAT IS A NO-SCALPEL VASECTOMY?

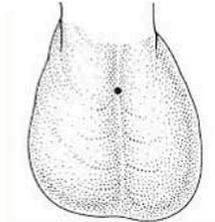
No-Scalpel Vasectomy is different from a conventional vasectomy in the way the doctor gets to the tubes, not in the way he blocks them. In a conventional vasectomy, the doctor makes two cuts into the skin and lifts out each tube in turn, cutting and blocking them. Then the doctor stitches the cuts closed. In a no-scalpel vasectomy, the doctor locates the tubes under the skin and holds them in place with a small clamp. Instead of making two incisions, the doctor makes one tiny puncture with a special instrument. The same instrument is used to gently stretch the opening so the tubes can be reached. This line accurately represents the actual size of the puncture: | . Through this tiny opening both tubes are temporarily lifted out and then blocked, using heat cauterization.

WHAT ARE THE BENEFITS OF NO-SCALPEL VASECTOMY?

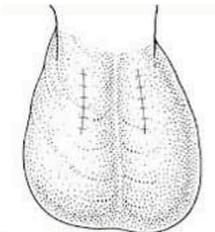
Studies have shown an eight times lower complication rate, quicker healing, and less intra-operative discomfort for a no-scalpel vasectomy compared to the more conventional approach. Not all vasectomy providers prefer this technique because it is much harder to learn how to do a vasectomy through a tiny 2mm central opening than it is to make sizable cuts requiring sutures.



No-Scalpel Vasectomy: Pulling out one of the two vas tubes



***No-Scalpel Vasectomy:
No stitches are needed to close the tiny opening***



***Conventional Vasectomy:
Two moderate incisions stitched closed***

WHEN IS THE RIGHT TIME FOR VASECTOMY?

It is best to get a vasectomy when you and your partner are sure that you are happy with the number of children you have. If you have a child under six months of age, you might want to wait because of “Sudden Infant Death Syndrome (SIDS)”, a condition where a child can die after a few months of life for no apparent reason. This might possibly affect the timing of your plans for vasectomy. Age over six months is often considered the threshold at which SIDS is least likely to occur.

SHOULD I STORE SPERM?

Choosing to have a vasectomy is a serious decision because it is carried out with the intention of creating permanent sterility. Our experience with patients over the years has shown that a significant number of men who opt for a vasectomy later change their minds about their desire to have children. Reasons for this include death of a spouse, death of a child, divorce, separation, or just changing their minds. That is why we encourage everyone to consider sperm storage. Sperm can be cryogenically frozen and preserved for years, which provides an insurance policy for the future.

WHAT ARE THE POSSIBLE RISKS AND COMPLICATIONS?

1. **Bleeding** (usually mild) into the scrotum (1/100).
2. **Scrotal hematoma** which is where a major bleed into the scrotum causing a grapefruit sized tender scrotum that could be disabling for two months (1/2000).
3. **Infection** requiring antibiotics, although more serious infection such as an abscess formation is possible requiring intravenous antibiotics (1/100).
4. **Epididymitis** resulting in swelling of the epididymis, which is where sperm is normally stored (1/50). This almost invariably resolves with antiinflammatories, ice and rest.
5. **Sperm granuloma** is a painful lump made of leaked sperm that develops at the site where the tube was blocked (1/500). It also almost invariably resolves with anti-inflammatories, ice and rest.
6. **Post-vasectomy pain syndrome** is a rare complication of pain in the scrotum that can persist for months or years and may be quite debilitating. Some men may never completely recover from this or it may resolve on its own or through another surgical procedure (1/1000).
7. **Post-vasectomy failure** is a rare outcome for men who even after a successful vasectomy with two semen tests showing no motile sperm still manage to impregnate their partner (1/3000).

ARE THERE ANY LONG-TERM HEALTH RISKS ASSOCIATED WITH VASECTOMY?

No. There are no proven long-term health risks (cancer or cardiovascular disease) associated with vasectomy. The risks of NOT having a vasectomy, however, are real and should be taken seriously by those who choose to avoid vasectomy, including the risks of hormonal contraceptives (blood clots, significant adverse reactions etc.), pregnancy (miscarriage, ectopic, hyperemesis, gestational diabetes etc), and childbirth (vaginal laceration, stretch marks, haemorrhage etc).

IMPORTANT MESSAGE FOR MEN LESS THAN 35 YEARS OLD WITH LESS THAN 2 CHILDREN.

Please consider the following:

1. Vasectomy should be considered permanent and non-reversible as reversals are not guaranteed.
2. You may regret your decision one day. Younger men, especially those in their 20s with fewer than 2 children are most likely to seek a reversal in the future, often citing that they thought it was the right decision at the time, only to be disappointed when their reversal procedure was unsuccessful.
3. Men change. Many men are often totally convinced that they do not want children. In our experience, many men develop a different attitude about having children as they get older and their life situation changes.
4. Women also change. Many women say they do not want children, only to change their minds as their maternal instincts kick in as they grow older and they see their friends all having children. Some who have had bad reactions to pregnancy feel they would never want to go through another pregnancy, only to change their minds after a few years.
5. Relationships fail. More than 40-50% of relationships in North America end in divorce. Despite how stable our relationships may seem, there is a chance that in a few years, you may be with a different partner who may have a strong or stronger desire to have children than you.
6. Sperm storage. Young men should consider storing sperm. Imagine meeting the love of your life years after your vasectomy. You may change your attitude about having children or she may have no children or want to have children with you. At least you can tell her that you made a responsible decision at the time and had the good foresight to store sperm.

Common Questions

HOW EFFECTIVE IS NO-SCALPEL VASECTOMY?

In Dr Hunt's hands, it is extremely effective. Our success rate has been higher than 99.9% which is amongst the highest in North America. Having said that, statistically, 1/1200 vasectomies will fail. You must use other forms of contraception for three months as well until the doctor has examined one semen specimen and found it to be sperm free. If your test is negative, it is very likely you will have permanent success as it is exceedingly rare for the tubes to ever grow back together if they have not done so by three months.

IS NO-SCALPEL VASECTOMY SAFE?

Most medical experts, including special panels convened by the National Institutes of Health and by the World Health Organization, have concluded that vasectomy is a safe and simple procedure. Vasectomy is surgery, however, and all surgery has some risks, such as bleeding and infection. But serious problems are uncommon. To date there have been no studies to support any long term side effects like prostate cancer, high blood pressure etc.

IS THERE ANY DISCOMFORT?

No-scalpel vasectomy is virtually painless. After the procedure you may be sore for a couple of days if you don't overdo it and you should take a mild painkiller as outlined in the instructions. The discomfort is much less than with the conventional technique because there is minimal injury to the tissues.

HOW LONG DOES THE PROCEDURE TAKE?

When you come in for surgery, you will be with us for about one hour. When it comes time, it takes about 10 minutes to get you ready, 20 minutes for the procedure, and 10 minutes of waiting in our waiting room to ensure you are not lightheaded before driving home. Dr Hunt has trained under two of the most experienced vasectomists in North America and is therefore able to complete your vasectomy very quickly.

HOW MANY VISITS ARE REQUIRED ?

At Gentle Procedures Clinic, we understand your time is valuable so we make it possible to get your vasectomy done in just one single visit.

CAN YOU GIVE ME A PRESCRIPTION TO HELP ME RELAX?

Yes, we usually prescribe Diazepam for patients who would like to take something prior to their procedure to help them relax. We find most patients do not need this. However, if you do take Diazepam, you will need a driver to come with you. Please let Dr Hunt know if you think you might need this.

WILL I BE STERILE RIGHT AWAY?

No. After a vasectomy, there are always some active sperm remaining in your reproductive tract. It usually takes three months and 20 ejaculations to clear them. You and your partner should use some other form of birth control until your semen test confirms that your semen is sperm free.

WHEN CAN I START HAVING SEX AGAIN?

As soon as you are comfortable, after a minimum of seven days, but remember to use some other kind of birth control until your semen analysis confirms that you are sterile.

WILL 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 have the same amount of semen. Vasectomy won't change your voice, beard, your muscles, your sex drive, your erections, or your climaxes. Some men say that without the worry of accidental pregnancy and the bother of other birth control methods, the freedom results in substantially improved sexual fulfillment.

WHAT HAPPENS TO THE SPERM?

The body continues to make sperm but after a vasectomy there is no place for them to go. They will die, dissolve, then get absorbed by the body. This happens in the same manner as in a man who does not ejaculate for a very long time, sperm are still made but the body clears them away.

HOW SOON CAN I GO BACK TO WORK?

You should not do any heavy physical labour for seven days after your vasectomy. If your job does not involve this kind of work, you can go back sooner.

CAN NO-SCALPEL VASECTOMY BE REVERSED?

Yes, but reversal operations are expensive and not always successful. Current techniques are only slightly greater than 50% effective. If you are thinking about reversal, perhaps vasectomy is not right for you. Sperm banking is a good idea for almost anyone considering a vasectomy. If you have any doubt, please discuss other temporary birth control methods that are available with your family physician.

Benefits of Our Approach

QUICK AND EASY SCHEDULING

You shouldn't have to wait endlessly to get what is in reality a fairly simple procedure. You also shouldn't have to spend too much time worrying on the day of your appointment.

In addition, because Dr Hunt has trained with the leading experts in vasectomy, it takes 30–40 minutes to complete your procedure and you can be in and out of our office in an hour.

NO-SCALPEL, ONE-PUNCTURE, MINIMALLY INVASIVE, GENTLE TOUCH APPROACH

Dr Hunt also uses a *no-scalpel* vasectomy technique where instead of making two incisions with a scalpel, a *single puncture* is made that is *minimally invasive*, just a few millimetres in size at the base of the penis or scrotum and spread open gently to access both vas deferens.

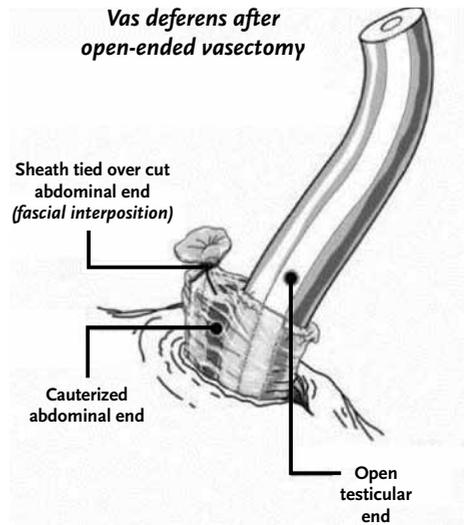
Open-ended Vasectomy Technique

LESS PAIN, MORE REVERSIBLE

Dr Hunt performs an “open-ended” vasectomy technique, where the vas from the lower end of the tube is left open (uncauterized), while the upper end of the tube leading to the penis is cauterized.

Historically, the lower end was closed off with cautery during a vasectomy because many providers were worried leaving the lower end open would cause more complications or failures. Instead, when the bottom end of the vas deferens is allowed to remain open, complications and failures are not increased. In fact, there appears to be less chance of post vasectomy pain and a higher chance of successful vasectomy reversal in the future.

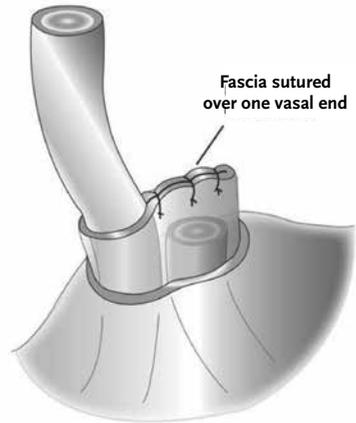
Specifically, when the lower end of a vasectomy is closed off, some patients experience pressure build-up in the lower end and this pressure can cause swelling and inflammation in the epididymis, especially in the first 2 weeks. With an open ended approach, sperm is allowed to “leak out” and eventually forms a small granuloma at the opening that serves as a metabolically active “recycling” centre that decompresses the epididymis. This constant recycling and removal of sperm may relieve pressure build-up downstream, reduce damage, and increase vasectomy reversal success.



Fascial Interposition

ADDING REASSURANCE

Dr Hunt carries out what many studies describe as a crucial step, called fascial interposition. This step involves securing a sheath of healthy tissue between the divided ends to create a physical barrier between the two cut ends. He uses a dissolvable suture so that no foreign bodies such as metal clips are left in your scrotum.



Semen Testing

PROFESSIONAL LABS THROUGHOUT AUSTRALIA

No matter where you are traveling from, we conduct our semen analysis using only professional and accredited laboratories throughout Australia. This ensures that your semen samples are put through the strictest standards of testing to provide the highest confidence in your results.

Vasectomy Pricing

HOW MUCH DOES A VASECTOMY COST?

For our pricing of vasectomy, either call **1 300 755 055** or fill in the price enquiry form in our website: gentleproceduresbrisbane.com.au. Medicare will give back some rebate to you. Most health care funds cover the very basic costs of a vasectomy. To confirm what amount you are getting back, please ring Medicare or your health fund before you come for the procedure.

Benefits of our Quality Vasectomy Services

1. All follow ups and semen test results discussed with you by telephone to ensure easy and prompt follow up at your convenience, condensing your entire procedure with us into just one single visit
2. 1 year unlimited 24/7 personalized access to our physician's personal cell phone for peace of mind whenever you need wherever you are
3. Skin glue specially formulated by our clinic, used to immediately stop skin bleeding, close the wound to reduce infection and promote faster healing, so you can get back to activities sooner

For something that is so life-changing and sometimes frightening for men, we want to provide the *safest, most convenient and most comfortable way* of getting the job done. We are not satisfied with the standard of care and strive to go beyond that, especially for something as important as getting a vasectomy. That is why we provide our quality service to render the highest quality care available.

SO WHY DO MOST OF OUR PATIENTS CHOOSE US?

Aside from a minimally-invasive, safe and effective, all your in-office follow up visits can be eliminated and done by phone instead. This means one single visit. Rather than coming back to the office multiple times, our staff will conduct your follow ups, as well as discuss your semen test results, by telephone instead. Dr Hunt will also offer you his personal telephone number to provide unlimited 24/7 aftercare for one year after your procedure.

Lastly, we have a cyanoacrylate adhesive skin glue that allows us to close the wound and seal it immediately, which stops the skin from bleeding, can help reduce the risk of infection, and promotes wound healing. The standard of care is to leave it open and allow it to seal up on its own slowly over the course of a few days. Our preference is to seal it up for the first 24 hours.

Patient Instructions

BEFORE VASECTOMY

1. Please review the entire vasectomy section on our website so you are confident and informed about your decision.
2. If possible, get a referral letter from your family physician to Dr Hunt before you come for the procedure. Dr Hunt conducts the consultation to ensure you are a candidate and to go over any questions you might have.
3. Please review the “Benefits of Our Approach” section so you know how we operate and what sets us apart from other providers.
4. Please review the section on “Vasectomy Pricing” to understand our special services.
5. Please review the section “After Vasectomy” so you know what to expect after your procedure.
6. For one week prior to your surgery date, do not take any Aspirin, Anticoagulants (warfarin) or Non-Steroidal Anti-inflammatory Drugs (NSAIDs) such as Ibuprofen, Motrin, Aleve, Advil, Ibuprofen, Naproxen, or Diclofenac. These medications will thin your blood.
7. Two business days prior to your appointment, please call our office to confirm your vasectomy at 1 300 755 055.
8. Please avoid any alcohol 2 days before and after the procedure.
9. Please shave the underside of the penis and front wall of the scrotum the day before the procedure to save time. If you are not comfortable, we will shave it for you.
10. On the day of your surgery eat before your procedure (a normal breakfast or lunch) as those who don't are more likely to become lightheaded.
11. If you want, you can take 2 tablets of Panadol when you arrive at our clinic.
12. Please arrive 15 minutes before for your appointment. You may drive yourself to and from the clinic after your procedure, although you may choose to have a driver if that makes you more comfortable, especially if you have a history of easy fainting.

13. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
14. When you are in one of the surgical rooms, you will not be required to fully undress; you just need to lower your pants, lie back on the table and relax. One of our staff will place an elastic band or "lasso" around your penis to bring it out of the operative field, wash the scrotal area with iodine solution, and place surgical towels on your body.
15. You are now ready for your vasectomy. Dr Hunt will start by administering the anesthetic. This is how Dr Hunt can do your procedure in 30 – 40 minutes or less.
16. You are welcome to bring and listen to any music/podcast or watch any programming or play any games on your mobile device during the procedure.

If you have any questions, feel free to discuss these with the doctor during the procedure.

AFTER VASECTOMY

1. On the same day of your vasectomy, you should go home and rest for the remainder of the day after the procedure. **Minimize any kind of activity.** Some men have no pain at all while many others have mild aches in the groin like being kicked in the nuts or abdomen. That's because the testes originate from the abdomen as an embryo and share the same nerve supply. Anything in the scrotum may be perceived in the abdomen as well. This lasts on average for about 7 days, longer in some men (up to a 2-3 weeks).
2. You will have only **one** small wound less than 1 cm after your procedure. It may be anywhere from the base of your penis to anywhere on your scrotum. A thin layer of our specially formulated skin glue is applied that works immediately to help stop bleeding, helps prevent infection, and promotes healing of the wound faster. Apply the antibiotic ointment over the skin glue and apply gauze over top of both twice a day for the next 2 days. The skin glue will peel off after just a few hours (often same day) but will continue to work and the wound will generally seal in 2-3 days. A little bleeding from the wound is normal.
3. You may take a daily **shower** the next day.
4. **For the first 48 hours**, take 2 tablets of extra-strength Panadol every 6 hours and ice the area regularly (30 min on, 30 min off). Panadol instead of anti-inflammatories like Ibuprofen is preferred because inflammation is a normal component of the initial healing process and we prefer not to interfere with it. If you have kidney problems, please let us know as you should not take any anti-inflammatories in this case.
5. **After 48 hours (on day 3)**, take 2 tablets of 200mg Ibuprofen (400mg total) every 6 hours, no matter how good you feel, as this will reduce the post-surgical inflammation. Do this for a minimum of four days. You may continue this up to two weeks if desired. If you get side effects, then of course stop the pills.
6. **Remember no sex or ejaculation for 7 days.** This avoids disrupting the surgical site. Blood in the semen within the first month or two after a vasectomy is normal and no cause for concern.
7. **For the first week**, continue to **avoid** any exertion, exercise, extensive walking, climbing, jogging, or sports...you get the idea. In general, avoid lifting more than **15 lbs (including babies or children)** in the first week. After one week, when pain

and tenderness are minimal, you may return to your usual activity but on the first day back start off at 1/2 your usual workout. Wear your athletic supporter for 7 days.

8. It is normal to have some **discoloration** of the skin (blue and black) around the puncture site a few days after your vasectomy. This will gradually go away.
9. Some men will develop **swelling and tenderness** on one side or both after **a few days or up to 3 months** after a vasectomy. This is usually due to an exaggerated inflammatory response that is often **normal and necessary** for sperm recycling and reabsorption. It is managed effectively with Ibuprofen 600 mg 3 times a day for 7 days.
10. You might notice a **lump** on each side of your scrotum (sometimes up near the abdomen) after your vasectomy for the new few weeks. That is a scar where we cut and sealed your vas. It usually feels like a knot the size of a pea and may swell to the size of a marble and be tender for a few weeks after the procedure but then becomes smaller and non-tender.
11. If you have any concerns following your vasectomy, please call Dr Hunt during office hours or go to the Emergency if you feel it is urgent. We will let you know on the day of your procedure when to come in or call us for your follow-up.
12. Please remember that you need to do a semen check at 2 - 3 months after your vasectomy. Continue other birth control methods until Dr Hunt reviews your test results. Call 3 days after each test to ensure we have received the results. You will want to achieve **20 ejaculations** within the first 3 months of your vasectomy to flush out the existing sperm in your reproductive tract.
13. You have telephone access to Dr Hunt for any issues up to one year. Otherwise, for non-emergency issues please book an appointment with our office.

IMPORTANT NOTE REGARDING YOUR POST-VASECTOMY SEMEN ANALYSIS

Preparation

Please **abstain from sex for two days** before you collect your specimen.

Call

While you can bring your specimen to any medical laboratory in Australia, please, call the lab of your choice 2 weeks in advance to confirm they can accept your semen analysis (they may send you to a different lab). When dropping off your sample, you must bring your lab forms (given to you on the day of your vasectomy) with you or they will not accept your sample.

Collect

Collect the semen by masturbation directly into a sealed, sterile specimen container. If you lose a portion of the semen, throw the container out and collect your specimen at another time. If you've misplaced the container, please get another one – ask for a semen analysis container. Please do not use any other type of container.

Drop It Off

Close the container tightly. Label it with your first and last name, date of birth, plus the date and time you produced the sample. **Deliver your specimen to the laboratory immediately (within 30 minutes) after collection**, keeping the container warm in your pocket or next to your body en route.

Follow Up

Three days after dropping off your specimen, please call us to ensure we have the results. We can discuss the results with you over the phone, or you can book an appointment to come in and review your results.



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