

THE METROCENTRE WAY

VASECTOMY INFORMATION GUIDE



1800 FOR MEN (1800 367 636)
www.Metrocentre.com.au

 **METROCENTRE**
VASECTOMY AND VASECTOMY REVERSAL

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NOT ALL VASECTOMIES ARE CREATED EQUAL

Learn About Vasectomies

In our experience assessing vasectomies performed all over the world, vasectomies are inconsistent in how they are performed. This includes inconsistencies in:

- The technique used
- How much of the vas deferens is removed
- How much scarring is left after the procedure
- The results achieved.

A vasectomy performed the Metrocentre Way is consistent and it is not a quick-snip.

Our vasectomy is designed to avoid the complications of chronic post-vasectomy congestion pain and is the most reversible should circumstances change.

It is important to learn about the different doctors and techniques available so you can make an informed choice about the type of vasectomy you wish to have, and the doctor you want to perform it.

What is a Vasectomy, The Metrocentre Way?

We perform highly precise vasectomies in our clinics throughout Australia, as well as at our purpose-built, private hospital on the Gold Coast.

The Metrocentre Way of performing a vasectomy involves a reconstructive procedure where the focus is preserving the plumbing of the vas deferens to avoid the complication of haemorrhage and post vasectomy congestion pain; as well as to make it the most reversible if circumstances should ever change.

For complicated cases, our vasectomies are supported by onsite ultrasound assessment.

WHAT ARE THE BENEFITS OF A VASECTOMY, THE METROCENTRE WAY?

- Reduce incidence of post vasectomy pain syndrome, related to congestion
- Maximise potential of a successful future reversal
- Maintain normal function of the male reproductive organs
- Maximise success of sterility by using a carefully considered reconstructive procedure
- Preserve lymphatics, nerves and veins.



A Metrocentre vasectomised patient is unlikely to be aware that they have had a vasectomy, unlike the traditional, closed-ended vasectomy patients that can experience aching and tenderness, which can be debilitating and chronic.

HOW IS THE METROCENTRE VASECTOMY PERFORMED?

We make two tiny incisions, precisely positioned to access each testicle individually. Some people mistakenly think 'no-scalpel' is superior, however, we use a scalpel as we prefer to have a precise and controlled incision site. The 'no-scalpel' technique requires tearing the scrotum with forceps, typically in one site that provides access to both testicles.

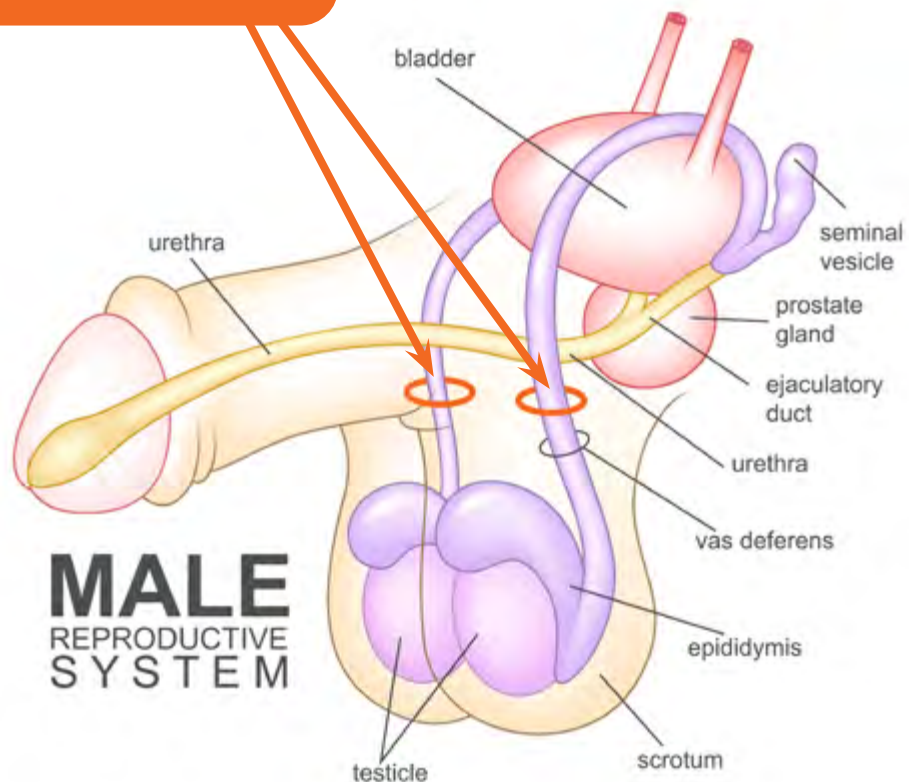
Once access to the vas deferens is gained, the vas tubes are cut. The prostate end of the vas deferens is sealed with a fine diathermy device (heat sealed) and the testicular end is left opened and unsealed.

The testicular end of the vas deferens is cut, but not blocked, which prevents congestion. Sutures, cauterisation and metal staples are not used, as is the case with a traditional vasectomy.

As men continue to produce more than 10 million sperm per day from their testicles after a vasectomy, the open-ended technique is engineered to enable a pressure valve release of sperm to be naturally absorbed by the body, under the skin. This reduces the inflammatory pain associated with the blockage of the testicular vas deferens that occurs during traditional vasectomy procedures.

To complete the vasectomy, the testicular vas deferens and the prostate vas deferens are reconstructed in separate compartments, to minimise the risk of failure. This is done by using the tissue around the vas deferens to create a barrier so that the two ends of the vas deferens do not re-join.

VASECTOMY SITE RECONSTRUCTED TO PREVENT THE ENDS REJOINING



WHAT TO EXPECT *DURING* your procedure:

- We will ask you to shave before coming in for your treatment (instructions will be provided) and you will also be asked to bring 2 pairs of tight-fitting underpants with you.
- Your procedure should take approximately 25-30 minutes.
- You will have a choice of anaesthetic options:
 - » The minimum local anaesthetic, which means you can drive home afterward.
 - » Some men also choose to have an inhalant relaxing gas, which means you cannot drive for the rest of the day.
 - » Twilight sedation or a light general anaesthetic is available to men who have a vasectomy in our purpose built, private hospital at Miami on the Gold Coast. Twilight sedation means you will not feel any sensation as you will be asleep, however, recovery is quick and you will be discharged the same day. This is a good option for men that are particularly nervous or who have complicated histories with previous surgeries or injuries. Private health insurance rebates may also apply in this scenario.
- There is lots of antiseptic betadine used and this is a fully sterile procedure where your doctor will be fully scrubbed, masked and gowned.
- Unless you are having a general anaesthetic, you will feel two small stings on your scrotum as the doctor injects the local anaesthetic.
- Most men also feel a flick at the beginning of the procedure as the vas deferens is brought into view. After this, you should feel minimal discomfort for the rest of the procedure.
- The refined technique ensures there is no bleeding and fine instruments are used to enable accurate reconstruction of the tissue, to put the two ends of the vas deferens in separate planes.
- The doctor will only seal the end of the vas deferens that is down stream, leading to the prostate.
- The testicle end is left open to create a safety valve release from the end attached to the testicle that will still produce 10 to 15 million sperm a day. This open-end avoids sudden build up in pressure and inflammation in the epididymis.
- The vas deferens will be flushed downstream that will feel like a wetting sensation and this will increase the chance of a full clearance at your 3 month sperm test. There is no other structure flushed that will give you this sensation so you can walk out knowing that the correct structure has been cut. However, you are encouraged to have lots and lots of protected sex to clear out the tubes and the pathologist needs to provide you with the sperm clearance result at 3 months.
- The Metrocentre Way is designed to preserve all the structures hence the reconstruction of the tissues to put the two ends into separate compartments so there is no failure and all the tissues are preserved. The internal, reconstructive sutures do not need removing. The skin will be closed with a crimping technique and no external sutures are required.



WHAT TO EXPECT *AFTER* your procedure:

- Our team will cover the site with a waterproof dressing, which is required to stay in place for 4-5 days.
- You will have a cold pack between the two pair of firm fitting underpants that you have brought along with you.
- You will then be walked into recovery where you will have a coffee or tea and a snack to leave after a 10 minute recovery if you are an out-patient; or a 30 minute recovery if you have twilight anaesthetic in the day hospital.
- The rest of the day should be spent relaxing on the couch watching TV and changing the ice packs.
- You cannot have sex during the 5 days following your vasectomy.
- There is no requirement for a post-operative review or no removal of sutures from the skin. The reconstructive sutures used to create the barrier between the two ends of the vas deferens do not need removing.

You will be given a 24-hour phone number to call with any concerns. While we don't expect to hear from you, we encourage patients to call us directly with any concerns or questions at any time.

You will be encouraged to keep ice (or frozen peas) on the area and to take paracetamol for the first 1-2 days.

- Most men go back to work the next day, or after a few days. Physical work and strenuous activity and sport should be avoided for 7 to 10 days.
- Around day 5, a minor dull ache at the vasectomy site will indicate that the area is healing and you may prefer to use an anti-inflammatory (such as Nurofen or Voltaren tablets) for a few days at this time, if these drugs are tolerated.
- After the 5-day post-operative period, you will be required to have a lot of protected sex for the next 3 months to clear out the sperm that are downstream. This sex must be protected, using condoms, to ensure there are no unplanned pregnancies from the live sperm that remains in the vas until cleared.
- After 3 months has passed, you will be required to have a sperm test to ensure that there are no live sperm left. You cannot have unprotected sex before you receive a clear result from the pathologist.



YOUR QUESTIONS ANSWERED

1. Who can have a vasectomy?

Most patients are seeking a vasectomy because they have already completed their family and do not wish to have any more children. Increasingly, we are also seeing couples and young, single men who have already decided they do not want children at all.

An important factor in the decision for many men is also that they wish to eliminate the need for their partners to continue with hormonal contraception, as well as the inconvenience of condoms.

We encourage men to be a proactive part of the conversation about family planning and to take an active role in the responsibility of contraception for their families.

Of course, there are many different contraception options available and we encourage you to speak with your local GP or family planning clinic about these before you decide on having a vasectomy.

2. Why don't we perform a 'no scalpel' vasectomy?

There are several different types of vasectomies available and we only perform a vasectomy the Metrocentre Way.

To provide some background on other types of vasectomies, the 'no scalpel' vasectomy is generally the simplest approach to vasectomy, as well as the quickest technique with less technical experience required. We do not perform a no scalpel vasectomy at Metrocentre.

With a no scalpel vasectomy, two instruments are used; one is a sharp forcep to tear the skin apart (without a scalpel) and the second is a clamp to bring the vas deferens tube (vas) to the skin. From here, doctors would generally either cut, tie, cauterise or use metal clamps on both ends of the vas to prevent the movement of sperm, and this can sometimes involve removing large lengths of the vas deferens to



prevent the ends joining back together. Sperm production continues once the vas deferens is sealed, and the sperm build up in these tubes can clog the system over a period of time.

With the no scalpel vasectomy, to increase time efficiencies for the doctor, generally one single incision is made to access both testicles.

In comparison, The Metrocentre Way of performing a vasectomy involves using fine instruments with two small access sites positioned precisely to access each testicle individually. A longer, reconstructive procedure is performed where the focus is on preserving the plumbing of the vas deferens to avoid the complication of haemorrhage and post vasectomy congestion pain; as well as to make it the most reversible if circumstances should ever change.

Our reconstructive procedure involves using the tissue around the vas deferens to create a barrier so that the two ends of the vas deferens do not rejoin. The vas deferens is cut but not blocked using clamps or cauterisation; enabling a pressure valve release of sperm to be released and absorbed under the skin to minimising the chance of congestion related pain.

YOUR QUESTIONS ANSWERED

3. How do I avoid post vasectomy pain syndrome?

Post vasectomy congestion pain syndrome is usually related to the sudden build-up of pressure in the vas deferens attached to the testicle as the testicles continue to produce 10-15 million sperm a day. The tying or blocking off the ends during a traditional vasectomy 'closes the system'. This can lead to a cascade of inflammation and serious scarring of the microtubules (these store sperm) that make up the epididymis leading to congestion related pain. The pain can be short lived and settle with anti-inflammatory tablets, however it can become protracted, chronic and debilitating.

Metrocentre is proud to boast that there has not been a case of post vasectomy congestion pain at Metrocentre that has required a reversal to manage the pain. We do, however, perform vasectomy reversals on patients who have had a simple vasectomy elsewhere that has led to chronic pain.

4. What About Complications?

As with any medical procedures, complications from a vasectomy can and do occur.

Some men are concerned about post-vasectomy impacts, these are simply unfounded. After a vasectomy the Metrocentre Way, you can:

- Maintain the same libido and sex drive
- Maintain the same testosterone levels
- Have and maintain erections
- Ejaculate
- Enjoy sex and have orgasms

Several weeks after having a vasectomy (once it has been confirmed that sperm is no longer present in the semen), and the stress of an unplanned pregnancy is eliminated, couples report that their lovemaking tends to be:

- More satisfying
- More intense and sensuous
- More spontaneous
- More pleasurable
- More frequent.

5. Is sex the same after a vasectomy?

No physiological changes are likely after a well performed vasectomy procedure that would alter your sex drive. On the contrary, many of our patients report that their sex drive is improved as they are no longer influenced by the anxiety associated with the risk of an unplanned pregnancy.

After surgery the sensations of sex remain unchanged, although the volume of ejaculate will decrease only slightly (approx. 0.2ml – usually not detected by the naked eye) as the fluid contribution from the prostate and seminal vesicles is unchanged.

This surgery will not affect your sexual ability, although sex should be avoided for the first 5 days after surgery. After this time, we recommend that you have as much protected sex as possible, which enables faster clearance of the remaining sperm from the vas above the vasectomy site.



6. Can I sleep through my vasectomy?

Patients can opt for a local anaesthetic and are able to drive home afterwards.

We also offer an additional inhalant medication that is quite relaxing for nervous and anxious patients, however, they are unable to drive for the rest of the day.

For patients who are technically difficult (experienced previous surgery or injury) or who want to be completely unaware of the procedure, twilight sedation is available in our purpose-built hospital in Miami, Gold Coast, offering private health rebates.

7. What if I have a complicated history or injuries?

The Metrocentre Way involves assessment using the highest resolution onsite ultrasound scan. This detailed information allows us to prepare a tailored surgical approach for each of our individual patients for both reversals and vasectomies.

The onsite ultrasound is used to map, assess & plan treatment for patients with complicated histories including past surgery, accidents or injury, trauma, pain, lumps or bumps of the scrotum, as well as any unusual findings during the examination.

8. What will my recovery be like?

The effects of the local anaesthetic should wear off after about 2–3 hours and after this time, most men report that they experience minimal discomfort. We will send you home after the procedure with an ice pack on the area – the more ice you can keep on the area for the day of the procedure, the better you will feel the day after the procedure.

As many of our patients experience minimal discomfort after the procedure, we suggest taking at least one dose of paracetamol before bed. Don't be brave – if you have any unrelieved pain – use paracetamol.



9. Does it really matter which doctor does my vasectomy?

We perform more vasectomies and microsurgical vasectomy reversals than any other single provider in Australia. If you are thinking about a vasectomy, consider all your options as not all vasectomies are created equal.

The vas deferens tissue is precious and limited in length and deciding who should operate on it should be carefully considered.

Vasectomies are performed by general surgeons, urologists and general practitioners – rarely do these doctors perform microsurgical vasectomy reversals. At Metrocentre, we perform both, as well as manage post vasectomy congestion pain.

YOUR QUESTIONS ANSWERED

10. What if I change my mind?

The vasectomy reversal is a highly viable option for men who have previously undergone a vasectomy and want to reduce post-congestion pain and/or have a child.

The Owen 3 Layer Micro-Surgical Vasectomy Reversal (the highly precise technique used at Metrocentre) is one of the few options available for men who have previously undergone a vasectomy and are now seeking to have children – IVF is generally the only other option available, or adoption.

A thorough, simple vasectomy (where much of the precious plumbing has been removed) may make it impossible to perform a vasectomy reversal for more children, or to manage post-vasectomy congestion pain with a microsurgical reversal.

11. Does my vasectomy have a Medicare rebate?

A vasectomy is partly covered by Medicare and it is important that you discuss any out of pocket costs with the team at Metrocentre.

Metrocentre is not a budget, cut price vasectomy service and we do not offer a 'quick snip' like many clinics that do exist.

We can offer a dedicated theatre in which our open-ended vasectomies can be performed and this includes options to relieve pain and anxiety, as well as private health rebates. We also offer an outpatient clinic service.

12. Can I hear from other men who've had a vasectomy the Metrocentre Way?

You can see the stories of our patients by visiting the case study link on our website. Please keep in mind that the Australian Health Practitioner Regulation Agency does not allow doctors to publicise testimonials from patients. These case studies are designed for patients to share their stories and their experiences only.

If you wish to speak with a previous patient, please let us know and we can arrange a private phone call directly.

13. What if I'm not located near your clinic?

We have clinics throughout Australia, including Brisbane, Sydney, Melbourne and our head office on the Gold Coast.

Many interstate and international patients choose to visit our purpose-built private hospital in Miami on the Gold Coast for vasectomies, reversals and management of post-vasectomy congestion pain. The Gold Coast is an idyllic location for a family holiday or a couples baby-moon.



WHY CHOOSE METROCENTRE?

METROCENTRE IS ONE OF THE ONLY CLINICS DEDICATED TO VASECTOMIES, MICROSURGICAL VASECTOMY REVERSALS & MANAGEMENT OF POST VASECTOMY PAIN, USING ONSITE ULTRASOUND.

The vasectomy reversal was pioneered by Professor Earl Owen, who is famous for performing the world's first hand-transplant and double-hand transplant and pioneering microsurgical vasectomy reversal in 1970.

Dr Lekich was personally trained at the microscope for four years by Professor Earl Owen and mentored professionally for over 10 years, before inviting Dr Lekich to succeed his international practice when he retired.

Additional mentorship and succession were also provided by Dr Bruce Errey, the pioneer of the open ended vasectomy in Qld, who is famous for performing over 30,041 vasectomies; and Dr Barry Walters from Victoria of the 15,000 vasectomy fame.

Metrocentre is dedicated to performing the highly perfected Owen-3-Layer microsurgical vasectomy reversal.



Dr. Chris Lekich & Prof. Earl Owen

Because of our experience with performing a high volume of vasectomies and vasectomy reversals, we frequently see men in our clinic (from all over the world) who are seeking a microsurgical reversal of a vasectomy performed elsewhere that has become complicated by factors such as:

- Post-vasectomy congestion pain
- Changed circumstances resulting in a desire for children after a vasectomy
- Failed vasectomy reversal attempts
- Failed IVF
- Past surgeries including torsion of testis and undescended testis
- Complications associated with hernia repair and male infertility
- Aggressive vasectomies that cannot ever be reversed, which we can determine with ultrasound exploration before the surgery
- Post vasectomy pain complicated by haemorrhage, infection, poor surgical technique, granulomas and metal clips that are used by some vasectomists, and techniques that are more likely to produce epididymal congestion and inflammation.

By seeing so many different cases, our team are well aware of the factors that make a vasectomy the most precise and the most ideal to avoid the complications mentioned above.

OUR LOCATIONS

METROCENTRE HAS FOUR CLINICS ACROSS AUSTRALIA

METROCENTRE: GOLD COAST



24 Hillcrest Parade
Miami QLD 4220

METROCENTRE: BRISBANE



Suite 13, Level 1, PA Central
Building
250 Ipswich Road
Buranda QLD 4102

METROCENTRE: SYDNEY



24 Hillcrest Parade
Miami QLD 4220

METROCENTRE: MELBOURNE



24 Hillcrest Parade
Miami QLD 4220