

JUSTIN HOUMAN, MD, FACS

The Vasectomy Guide

What to expect. What to ask.
What nobody tells you.

SECTION 01

What Is a Vasectomy?

A vasectomy is a minor surgical procedure that cuts or blocks the vas deferens, the tubes that carry sperm from the testicles to the urethra. Without sperm in the semen, pregnancy cannot occur. It is one of the most effective and permanent forms of birth control available, with a failure rate of less than 0.1%. The procedure does not affect testosterone production, sex drive, erections, or ejaculation. You will not notice a difference in sexual experience.

99.9%
effective

<10 min
procedure time

~3 days
recovery time

SECTION 02

The No-Scalpel Technique

The no-scalpel vasectomy is the modern standard. Instead of an incision, a small puncture is made in the scrotal skin. The vas deferens is lifted through this opening, cut, and sealed. There are no stitches required and the puncture heals on its own. It results in less bleeding, a lower risk of infection, and faster recovery than traditional vasectomy techniques.

- No scalpel, no stitches, no general anesthesia
- Performed under local anesthetic in a clinic setting
- Most men describe it as pressure, not pain
- Back to desk work within 2 to 3 days
- Back to physical activity within 5 to 7 days

SECTION 03

Is It Really Permanent?

A vasectomy should be considered permanent. While vasectomy reversal is possible, success rates decline significantly with time and it is a far more complex surgery. The right candidate for a vasectomy is someone who is certain they do not want biological children in the future. If there is any uncertainty, this conversation belongs with your doctor before proceeding.

Before You Decide

A vasectomy is the right choice for many men, but the decision deserves careful thought. If you have a new partner, are very young, or feel any external pressure, take more time. The best candidates are men who are certain, informed, and choosing freely.

Schedule a Consultation: www.houmanmd.com/contact

SECTION 04

Common Myths, Answered

Q: Will it affect my testosterone or sex drive?

No. The testicles continue producing testosterone normally. A vasectomy only blocks the delivery of sperm. It has no effect on hormones, libido, or sexual performance.

Q: Will I ejaculate less?

Almost imperceptibly. Sperm makes up less than 5% of semen volume. You will not notice a difference.

Q: Is it painful?

The local anesthetic injection is the most uncomfortable part for most men. The procedure itself is typically felt as pressure rather than pain. Soreness for a few days afterward is normal.

Q: What if I change my mind later?

Vasectomy reversal is possible but not guaranteed. Success depends heavily on how much time has passed. Do not rely on reversal as a backup plan.

Q: Do I need to use contraception right away?

Yes. It takes time for remaining sperm to clear from the reproductive tract. A follow-up semen analysis at 8 to 12 weeks or after 30 ejaculations confirms the procedure worked. Use contraception until then.

SECTION 05

What to Expect on the Day

The procedure takes less than 10 minutes. You will be awake throughout. Most men are surprised by how straightforward it is. Plan to have someone drive you home and spend the rest of the day resting with ice applied to the area.

- Wear supportive underwear the day of and for several days after
- Avoid ejaculation for 5 to 7 days post-procedure
- Avoid strenuous activity and heavy lifting for 5 to 7 days
- Mild swelling and bruising is normal and resolves within a week
- Over-the-counter pain relievers are typically sufficient for discomfort
- Contact your doctor if you develop a fever, significant swelling, or increasing pain

SECTION 06

Confirming Success: The Semen Analysis

A vasectomy is not immediately effective. Sperm already present in the reproductive tract must be cleared through ejaculation over several weeks. A follow-up semen analysis at 8 to 12 weeks or after 30 ejaculations is essential to confirm zero sperm count before discontinuing other contraception. Do not skip this step.

Timeline	What Happens
Day of procedure	Under 10-minute outpatient procedure, go home same day
Days 2 to 3	Return to desk work
Days 5 to 7	Resume physical activity
Weeks 8 to 12 or 30 ejaculations	Semen analysis to confirm success

SECTION 07

Questions to Ask Your Doctor

Not all vasectomies are performed the same way. Use these questions to make sure you are in the right hands and know exactly what to expect:

Q: Do you perform the no-scalpel technique?

This is now the standard of care. It results in fewer complications and faster recovery. Confirm your surgeon uses this approach.

Q: How many vasectomies do you perform per year?

Volume matters. A surgeon performing dozens of vasectomies per month will have more consistent outcomes than one who does a handful per year.

Q: Will I receive local anesthesia or sedation?

Most vasectomies are performed under local anesthetic only. Some practices offer mild oral sedation for anxious patients. Ask what is available.

Q: When do I need a follow-up semen analysis?

Typically at 8 to 12 weeks post-procedure or after 30 ejaculations. This step is non-negotiable. Make sure your surgeon schedules it.

Q: What are the risks and what should I watch for?

Hematoma (blood pooling), infection, and post-vasectomy pain syndrome are the main risks. All are uncommon but worth understanding before you proceed.

Q: What are my options if I want to preserve future fertility?

Sperm banking before the procedure is an option for men who want a safety net. Discuss this if it is relevant to your situation.

WHY DR. HOUMAN

Why Dr. Houman's Approach Is Different

A vasectomy is a common procedure, but not all vasectomies are performed with the same level of precision, experience, or patient care. Dr. Houman's approach stands apart in several key ways.

Fellowship-trained microsurgeon

Dr. Houman completed subspecialty fellowship training in male reproductive medicine and microsurgery, giving him a level of technical precision that goes well beyond a standard urology practice.

No-scalpel, no-needle technique

Dr. Houman performs the no-scalpel vasectomy using a technique that minimizes discomfort, reduces complications, and gets patients back to normal life within days.

High surgical volume

Dr. Houman performs vasectomies at high volume, meaning consistent outcomes, shorter procedure times, and a well-refined patient experience from consultation to recovery.

Vasectomy reversal expertise

As a fellowship-trained microsurgeon, Dr. Houman also performs vasectomy reversals. If your situation changes, you are already in the hands of the right specialist.

Published research

Dr. Houman's academic contributions to male reproductive medicine have been published in leading peer-reviewed journals, including the Journal of the American Medical Association.

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Ready to take the next step?

If you are considering a vasectomy and want to speak with a specialist, I am here to answer your questions and help you make the right decision for your life.

Book a Consultation

www.HoumanMD.com/contact

Website: HoumanMD.com

*This guide is intended for educational purposes only and does not constitute medical advice.
Please consult a qualified physician before making any medical decisions.*