



## No-Scalpel No-Needle Vasectomy

*Providing our patients with the highest standard of patient care*

## Recommended pre and post- operative supplies for your No-Scalpel Vasectomy\*

1. **Antibacterial wash:** Wash your scrotum nightly for 3 days after your vasectomy.
2. **Hospital razor:** Use before your vasectomy to shave the area as we instructed you.
3. **Athletic support (jock strap):** Wear this over your underwear for 2-3 days. You could take it off in bed, but it's also fine to leave it on if the compression feels comfortable. After 2-3 days, use it for comfort and support during activities for up to one week.
4. **Gauze:** Change this 1-2 times daily until the puncture wound is dry.
5. **Antibiotic ointment:** Put this on the puncture wound until healed.
6. **Gel packs (2):** Ice the front of the scrotum for ~15-20 minutes per hour while you're awake for the first 2 days. After that, ice for 15-20 minutes as needed if you have any discomfort caused by physical activity. Do not apply the ice packs directly to skin – always have a layer of cloth between them.
7. **Tylenol extra strength (500 mg):** Use this for pain control for the first 2 days. Take 2 tablets, 4 times daily.
8. **Ibuprofen (200 mg):** Use this to treat pain and inflammation starting 2 days after your vasectomy. Take 2 tablets, 4 times daily.

***\*These supplies are available for purchase as a package in our office.  
Ask our staff.***

## **\*\*Premium Vasectomy Service\*\***

If you like the convenience of all these supplies being provided to you in one package, saving you the time, gas, etc., then consider our optional Premium Service. With this service, we will also do follow-up by phone and call you with your semen analysis results, which can save you at least 2 office visits.

## Contact

**Dr. Jay Buenafe**

MD, C.C.F.P.

*Infant Circumcision*

*No-scalpel No-Needle Vasectomy*



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**For Emergencies Only**

**Dr. Buenafe's cell number**

**204.997.9782**

Our goal at Buenafe Clinic is to uphold the highest standard of patient care and surgical excellence.

In keeping with this philosophy and to ensure that patients are properly prepared before their vasectomy, we have prepared this manual which is critical for you to review. You may also visit our website at

**[buenafeclinic.com](http://buenafeclinic.com)**

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## Welcome to our clinic

The Buenafe Clinic specializes in No-Needle No-Scalpel Vasectomy. Dr. Buenafe now provides these services to the Manitoba area at his clinic at 930 Jefferson Avenue, Suite 203 in Winnipeg. Dr. Buenafe worked closely and trained extensively with Dr. Neil Pollock of Vancouver BC and Dr. Michele Labreque of Quebec City. Dr. Buenafe is pleased to introduce the services of the Buenafe Clinic to the Manitoba area and is more than happy to assist with any questions and concerns that you may have that are not addressed at our website.

## What exactly is a vasectomy?

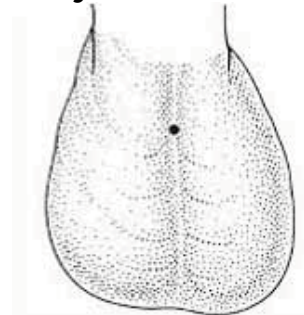
The testicles produce sperm cells that travel into the epididymis, a holding area for sperm. The epididymis leads into a tube, the vas deferens. The vas deferens or “vas”, as it is commonly referred to, then continues to travel through the prostate before joining with the vas deferens on the other side to become the urethra, which exits through the penis. The goal in a vasectomy is to block the right and left vas (the tubes that carry the sperm cells). You will still have seminal fluid being ejaculated after your vasectomy (because the fluids are added by the body to the ejaculate at a different point past where the block is created). But the ejaculated fluid will be exiting the penis without the small amount of sperm cells normally present. In other words, your ejaculation will be virtually the same as the pre-vasectomy, because sperm cells are normally only 5% of the total volume of the ejaculate. The small amount of sperm cells simply leak out of the lower testicular end of the cut vas, bounce around, break down and get absorbed. More are then produced and the process repeats itself. As a result, you will ejaculate semen without sperm. A man cannot make his partner pregnant without sperm.

### WHAT IS DIFFERENT ABOUT 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 addition, an improved method of local anesthesia, the no-needle method, helps make the procedure virtually painless.



**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**

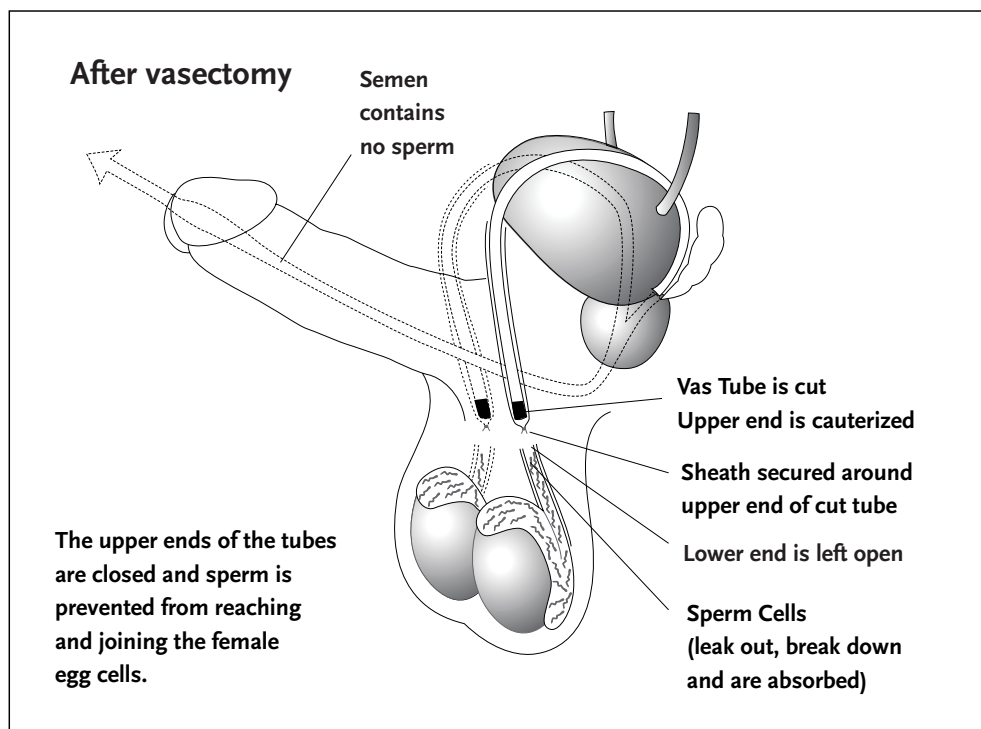
In a conventional vasectomy, after the scrotum has been numbed with a local anesthetic, the doctor makes two cuts in the skin and lifts out each tube in turn, cutting and blocking them. Then the doctor stitches the cuts closed. In a no-scalpel vasectomy the doctor locates the tubes under the skin and 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 (1). Through this tiny opening both tubes are temporarily lifted out and then blocked, using heat cauterization.

### **PATIENTS APPRECIATE THE NO-NEEDLE ANESTHESIA (NNA)**

With NNA a local anesthetic can be delivered through the skin with an air injector, virtually painless and very effective without the use of a needle. At Buenafe Clinic you have the option to have the vasectomy done with the usual small needle or with the No-Needle Anesthesia technique.

### **BENEFITS OF DR. BUENAFE'S NO-SCALPEL NO-NEEDLE 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 2 mm central opening than it is to make sizeable cuts requiring sutures.



Dr. Buenafe carries out what many studies describe as a crucial step, called fascial interposition. This step involves tying the sheath or covering of the vas over one end of the cut tube with a small titanium clip or a dissolving thread (same result), to create a natural barrier between the two cut ends. There are many different techniques used to block the vas, even among no-scalpel vasectomy physicians.

The fine tubes are then gently placed back into the scrotum. No stitches or glues are required to close the tiny puncture, which heals without a scar.

### **WHAT ARE SOME POTENTIAL BENEFITS OF OPEN-ENDED VASECTOMY?**

Dr. Buenafe prefers open-ended vasectomy, where the vas tube is cut, the end from the testicle is left open (uncauterized), while the end of the tube leading to the penis is closed. The open end of the tube permits sperm to leak out, break down and be absorbed. There may be less post-operative discomfort because there is no sudden pressure back-up to the testicles. Vasectomy reversal may also be easier to perform later, if required.

## **Frequently asked questions**

### **IS THERE ANY DISCOMFORT?**

Before the vasectomy you will not need any sedatives. No-Scalpel No-Needle Vasectomy is virtually painless. Afterwards you may be sore for a couple of days and should take a mild painkiller, as outlined on [page 7](#). The discomfort is less with the no-scalpel technique because there is minimal injury to the tissues.

### **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. Many men have their vasectomy on Thursday or Friday, so they can take it easy over the weekend and go back to work on Monday.

### **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, sex is more relaxed and enjoyable than before.

### **DOES NO-SCALPEL VASECTOMY WORK?**

Dr. Buenafe's open-ended vasectomy technique with fascial interposition carries a high success rate of about 99%.

## **WILL I BE STERILE RIGHT AWAY?**

No, after a vasectomy, there are always some active sperm in your system. It usually takes three months plus 20 ejaculations to clear them. You and your partner should use some other form of birth control until tests confirm that your semen is sperm free.

## **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, and all surgery has some risks, such as bleeding and infection. But serious problems are uncommon.

## **CAN A NO-SCALPEL VASECTOMY BE REVERSED?**

Yes, but reversal operations are expensive and not always successful. If you are thinking about reversal, perhaps vasectomy is not right for you. Pre-vasectomy Sperm Banking (cryopreservation) is a good idea for almost anyone considering a vasectomy. Ask our staff for details.

## **HOW MUCH WILL A VASECTOMY COST?**

Manitoba Health Insurance covers vasectomy and the tray fee. Our new, optional Premium Uninsured Services Package is available for enhanced convenience and personalized services.

## **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 you are sterile.



## About Dr. Buenafe

**Dr. Jay Buenafe** is a well-known and respected physician in Manitoba with over 13 years practice in Family Medicine.

Dr. Buenafe now offers No-Needle No-Scalpel Vasectomy in addition to his Infant, Toddler, Adolescent and Adult Circumcision procedure. He has studied and trained with Dr. Neil Pollock of Vancouver, BC and Dr. Michele Labreque of Quebec City, two pioneer and foremost authorities in North America on No Scalpel Vasectomy procedure.

Dr. Buenafe performs vasectomies at Buenafe Clinic at Jefferson Avenue in Winnipeg, he does not use local hospitals because that would mean a long wait for you to have the procedure. By setting up his own private surgical centre, Dr. Buenafe has created a convenient situation for patients – you can be seen for your consultation and have your surgery within just days or weeks of calling the office.

Dr. Buenafe understands the anxiety some men may experience when considering vasectomy. Please visit our web site [buenafeclinic.com](http://buenafeclinic.com) for links to a video of the procedure. No-Needle No-Scalpel Open-Ended Vasectomy has been described by leading surgeons as “simple, gentle and elegant office procedure”.

### TIMING

It's 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', 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.

### PRE-VASECTOMY SPERM STORAGE

Choosing to have a vasectomy is a serious decision because it is carried out with the intention of creating permanent sterility.

Experience with patients over the years has shown that a significant number of men who opt for 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.

Ask our office for information on the closest cryopreservation centre and the required semen analysis.

# The Buenafe Clinic Experience

On the day of your surgery you will be asked to come a few minutes early for your appointment. Our staff will usher you into one of the surgical rooms.

You are not required to fully undress, you just need to lower your pants, lie back on the table and relax. One of Dr. Buenafe's assistants places an elastic around your penis to bring it out of the operative field, washes the scrotal area with antiseptic solution and places surgical towels on your body. Dr. Buenafe then enters and puts a small amount of freezing into the skin using a small needle or No-Needle Anesthesia with MadaJet. Most men describe the administration of the freezing using the No-Needle Anesthesia as being similar to the flick of an elastic band and virtually painless. It's then time for the actual vasectomy, which takes approximately 10 minutes. Afterward, you will be brought back to the waiting room, where you will receive a cold drink and have time to relax. When given the thumbs up you can drive yourself home.

## PREMIUM SERVICE OPTION

Manitoba Health Insurance covers the basic vasectomy. For patient comfort and convenience, our office can provide, at additional cost, an optional Premium Uninsured Services Package, which has become a popular choice among our patients.

- 1) All supplies you need to purchase for before and after your surgery are pre-bought, pre-packed and given to you at surgery, so it saves you the inconvenience of having to run around to different stores to buy these items before surgery.
- 2) All your follow up visits will be done by telephone. So, rather than having to come back to the office multiple times and dealing with the time lost from work, driving, parking, gas, waiting, etc., we will do everything by telephone with you, saving you all the inconvenience. This includes giving your semen test results by telephone. All this will save you 6-8 hours of time.
- 3) Manitoba Health covers the basic vasectomy, with the traditional needle freezing to the scrotum. With premium service, we offer the No-Needle freezing with the Madajet, a freezing device able to administer freezing without the use of a needle using only air pressure and xylocaine. Many of our patients find this approach more comfortable and less anxiety provoking.

Most of our patients really appreciate this option and say "I am going to do this once in my life, I want to have the simplest, most convenient and most comfortable option that is available" and that is why they choose the premium service.

Should you choose not to purchase the Premium Service option, you will need to come back to the office in person for all the follow up visits, test results, etc. We will provide you with a list of the supplies you will need to purchase on your own and you will get the standard needle freezing of the scrotum.

## POST VASECTOMY

You need to follow the instructions in the 'After your vasectomy' section exactly as written, as this is the best way to minimize the risk of complications - failing to do so could delay your recovery from just days to weeks or months. Specifically keep in mind that if you do light work, (i.e. you have a desk job), you could have your surgery done Thursday or Friday and go back to work Monday. If you do heavy work that consists of lifting anything greater than 15 lbs., bending, stretching, operating heavy machinery, getting in and out of cars, going up and down stairs and/or being on your feet a lot, you really should take seven days off work. In addition you should ask for a note for 'light duties only' for the second week after you return to work.

## BEFORE YOUR VASECTOMY

If you are taking any medications, please let Dr. Buenafe know before the procedure, or check with the office at 204.697.9013.

### For 7 days before

- Do not take Aspirin or any other product containing ASA.
- Do not take NSAIDS such as Ibuprofen.
- Do not take anticoagulants such as Warfarin (Please note: You must get your doctor's permission to stop this medication for 7 days.)

### For 2 days before (and 2 days after)

- Avoid alcohol

### 2 days before

- Call our office at 204.697.9013 to confirm your vasectomy, or your procedure may be cancelled.

### 1 day before

- Shave the scrotum free of hair from the base of the penis down the front and sides of the scrotum. DON'T dry-shave, do it while showering.

### Day of vasectomy

- Have a good breakfast and lots to drink (water or juice).
- Wear light clothing because it will be warm in the room - and clothes you won't mind getting small amounts of iodine on.
- **Bring your scrotal support (if you have it) to the clinic.**
- Take 2 tablets of extra-strength Tylenol just before leaving your home.
- Arrive at least 15 minutes before your booked appointment. Late arrival may result in cancellation of your procedure.

## AFTER YOUR VASECTOMY

### A few hours to a few days

- There may be a small amount of bleeding.
- It is normal to feel some discomfort in your scrotal area. Some men describe it as like a kick in the scrotum. You may feel this discomfort in you lower abdomen as well.

### Day of vasectomy

- Go home and rest lying down for the remainder of the day and evening.
- Put the antibiotic ointment on the gauze and change the gauze twice a day. Do this until there is no more blood, then just wear the support over your underwear without the gauze.

### For the first 48 hours

- Take 2 tablets of **extra-strength Tylenol** every 5 hours.
- Ice the area 20 minutes every hour (except while you are sleeping).
- Avoid alcohol.

### After 48 hours

- Continue to ice the area every evening for another 5 days.
- Take 2 tablets of Ibuprofen (400 mg) every 6 hours (maximum 8 tablets per day), no matter how good you feel. If you get side effects, then of course, stop the pills.

### For 7 days

- Wear the scrotal support over your underwear all the time (except while you are sleeping), unless it is uncomfortable.
- No bathing or swimming (showers only).
- No sex or ejaculation.
- Take it easy. No lifting more than 15 lbs. (including babies and children). No exertion, no exercise, no extensive walking/climbing, no sports (golf, hockey, hiking, etc.) - you get the idea.

### After 7 days

- Ease back into your usual activities.
- It is safe to resume exercise, heavier work and lifting, but increase gradually over many days to pre-vasectomy levels.
- Wear the scrotal support any time you work out or exercise over the next month.
- Sexual activity can be resumed if you are not too sore. However, it is absolutely essential that you continue your prior method of birth control until your sperm can be flushed from the vas deferens tubes. This can take several months.
- After you've abstained from ejaculating in the first week, you may notice in subsequent ejaculations a small amount of blood. This is normal.

### At 2 months

- Follow up with your semen specimen for analysis as described on page 10. Continue to use other methods of birth control until you have discussed your semen test results with Dr. Buenafe and have been told that you can stop using your current birth control method.

**While most men have no problems after their vasectomy, some minor discomforts that can occur include:**

- Black and blue marks on the scrotal skin
- Swelling beneath the wound
- Tenderness around the surgical site or the testicles
- Discharge from the edge of the skin puncture
- Sometimes small lumps form about the divided vas ends and may persist as small masses in the upper scrotum. This is healing tissue and may persist for a few months.

**If you note any of the above but it is getting better and not worse, do not worry about it. On the other hand, if it is not improving or getting worse, contact Dr. Buenafe at 201.997.9782 and set up an appointment to be assessed as soon as possible.**

**Call Dr. Buenafe's emergency cell phone number 201.997.9782 immediately if you:**

- Feel worrisome pain
- Experience any worrisome swelling
- Develop a fever

## Risks and possible complications

- **Most men report a bruised sensation to the scrotum for a few days to a week after the procedure.**
- **Some men experience mild bleeding into the scrotum (1/100).**  
A small, tender swelling may form for a few days.
- **Scrotal hematoma (1/2000).**  
A major bleed into the scrotum could occur, causing a grapefruit size tender scrotum, disabling you for two months. You should call Dr. Buenafe immediately at 204.997.9782 if you notice significant swelling in your scrotum after your procedure.
- **Infection which may require antibiotics (1/100).**  
More serious infection is possible, ie. an abscess formation that may require intravenous antibiotics.
- **Epididymitis (1/50).**  
Tender swelling of the epididymis, which is the the part of the tube that joins to the testicles. It almost invariably resolves with anti-inflammatories, ice and rest.
- **Sperm granuloma (1/500).**  
A painful lump made of leaked sperm that develops at the site where the tube was blocked. It almost invariably resolves with anti-inflammatories, ice and rest.
- **Post vasectomy pain syndrome (1/1000).**  
A rare complication of pain in the testicles that can persist for months or years and may be quite debilitating. Some men may never completely recover from this problem or it may resolve on its own or another surgical procedure may be required.
- **Other complications have been reported. (1/10,000)**
- **Some studies have reported a small increase in prostate cancer after vasectomy.**  
Many other studies have shown no increased risk. Most experts agree that vasectomy does not cause cancer.
- **Late failure (1/3000).**  
A rare outcome for men who, even after a successful vasectomy with two semen analyses showing no moving sperm, still manage to impregnate their partner.

## GETTING YOUR POST-VASECTOMY SEMEN ANALYSIS TESTS SPECIMEN COLLECTION INSTRUCTIONS

### YES, it's important

You've come this far. Please take the final step to ensure the results you want.

### When

**Test 1:** 2-3 months after your vasectomy or after 20-30 ejaculations.

**Test 2:** 4-6 weeks after Test 1, if necessary.

### Prepare

Please abstain from sex for two days before you collect your specimen. **Call the lab of your choice 2 weeks in advance and book your test (post vasectomy semen analysis).**

### Collect

Collect the semen by masturbation directly into the sealed, sterile specimen container that we provided you. 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 at our clinic or at any medical laboratory – ask for a urine analysis container.

Please do not use any other type of container.

### Then, quickly

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 1 hour) after collection, keeping the container warm in your pocket or next to your body en route.**

