

MANITOBA

# MEN'S HEALTH

CLINIC

A GUIDE TO

## Understanding Vasectomy Reversals

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# Restoring Hope

## VASECTOMY REVERSAL AT MEN'S HEALTH CLINIC

### Choosing the Path to Parenthood

Facing infertility after a vasectomy can be a daunting journey. At Men's Health Clinic, we offer two key options for achieving your dream of having a child: vasectomy reversal and IVF/sperm extraction. During your consultation, we'll guide you through this crucial decision-making process, taking into account various factors, including the time since your vasectomy, prior fertility status, your partner's fertility status, and cost considerations.

### A Personal Choice – Vasectomy Reversal vs. IVF/Sperm Extraction

The decision between vasectomy reversal and IVF/sperm extraction is personal and multifaceted. Vasectomy reversal success rates range from 60% to 95%, depending on the complexity of the repair. Generally, the sooner the vasectomy reversal is performed and the younger your partner, the more likely it is to result in natural conception. As your partner's age increases, natural conception becomes more challenging. Success rates decrease as more time passes since the vasectomy. Vasectomy reversal is often the most cost-effective choice if the vasectomy occurred less than 10 years ago and your partner is under 40.

### Understanding Vasectomy Reversal

A vasectomy reversal is a procedure that restores fertility in males who have undergone vasectomy. Our Co-Founder and highly experienced surgeon, Dr. Premal Patel (*subspecialty-trained microsurgical male fertility specialist*), conducts this procedure. With the highest level of precision, he identifies the vasectomy site and determines the best approach to restore sperm flow through the vas deferens.

### The Vasectomy Reversal Procedure

The procedure can be performed with light sedation or deep sedation, according to your preferences. During the surgery, a small incision is made for reconnection. Fluid samples are taken to assess the presence of sperm. If sperm is present, a vasovasostomy (direct connection) is performed. If not, a vasoepididymostomy (bypass connection) is necessary. The entire procedure takes 2-3 hours, and we ensure meticulous care to optimize success.

### Vasovasostomy vs. Vasoepididymostomy – The Surgical Choice

A vasovasostomy reconnects the vas deferens at the vasectomy site, typically achieving a >95% success rate. In contrast, vasoepididymostomy attaches the vas deferens to a tiny tubule on the epididymis, with a 60-70% success rate. The decision between the two methods is made intra-operatively, with no additional cost or added risk associated with either procedure.

## **Risks of Vasectomy Reversal**

Risks, while generally low, include surgical complications such as anesthesia-related issues, bleeding, infection, and rare adverse reactions to medications. The success of the reversal varies based on individual factors, with no guarantee of restored fertility. Post-operative pain is usually temporary, and long-term discomfort is rare. Scar tissue formation or sperm granuloma formation can occur, but these are manageable.

## **Post-Surgery Follow-Up**

Following vasectomy reversal, a two-week period of abstinence from intercourse and heavy lifting is recommended. Afterward, gradually resume normal activities based on your comfort. At 3 months post-surgery, we'll conduct a sperm analysis to assess ejaculate volume, sperm concentration, motility, and morphology to evaluate fertility.

## **Choosing Vasectomy... *After* Vasectomy Reversal**

Yes, absolutely, you can choose to have a vasectomy after vasectomy reversal.

At Men's Health Clinic — your journey to parenthood is our mission.