



No-Scalpel
No-Needle Vasectomy
Patient Information



**Gentle
Procedures
Clinic**



Gentle Procedures Clinic

*Minds that innovate. Hands that heal. Hearts that care.
No matter what your needs are, we're in this together.*



You are either considering to have a vasectomy, or about to have one. 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. Please read this booklet with care, and we hope that you find it to be a useful reference before and after your procedure.

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



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Welcome

Welcome to 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 procedure, we have prepared this manual which you should read with care.

About Us

Our network of Australian clinics delivers a focused set of therapies and surgical procedures. With experienced physicians and convenient clinic locations, we can provide you with the care you need within just days of calling our clinic. For added convenience, we offer online booking for fast service, and to allow booking when most suitable for patients.

Our team of dedicated physicians and staff take pride providing personalized services and individualized care; we offer 24/7 aftercare and support before and after all procedures.

Our Procedures

Gentle Procedures is Australia's provider of Pollock Technique™ circumcision for babies, boys, and men of all ages. We also offer no-scalpel vasectomy as well as penile frenuloplasty and frenulectomy, and circumcision revision. Not all services are offered at every clinic location, so please ask for more information.

About Dr. Suran Rajapakse

Doctor Suran Rajapakse MBBS(SL), FRACGP(AUS), MSc (AUS), ADPCSY(UK) is a Fellow of the Royal Australian College of General Practitioners and he has extensive experience as a medical practitioner. Dr. Suran provides a high level of care while striving to exceed patient expectations. He is supported by a dedicated and qualified team who ensure the comfort and care of the patient.

Dr. Suran completed a Bachelor of Medicine and a Bachelor of Surgery from the University of Colombo, Sri Lanka in 2005. Following that he finished his Master of Clinical Embryology degree at Monash University and obtained his Fellowship at the Royal Australian College of General Practitioners.

In addition, he has completed an Advanced Diploma in Counselling Psychology and a Certification in Ultra Sound Scanning. While he was studying for his master's degree in Clinical Ethics at the University of Toronto, Canada, he was presented with the opportunity to work as a General Practitioner in Canberra and moved with his family to Canberra in 2012.

His constant enthusiasm for up to date knowledge has made him pursue number of surgical and procedural skills training opportunities which include Professional and Advanced Certificates in Clinical Procedures, an advanced workshop in joint puncture and soft tissue injections, advanced training on intra-uterine systems, a Professional Certificate of Dermoscopy, and advanced training on no-scalpel vasectomy as well as Pollock Technique™ circumcision.

Canberra is home for Dr. Suran, his wife and their two children. His wife is also a well known local general practitioner. Dr. Suran has two boys and very much enjoys being with his family doing various activities including travelling and adventure sports. He has a keen interest in cricket and plays for a local club during the weekends.

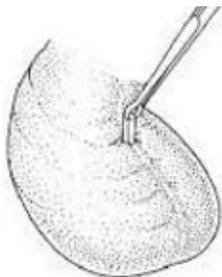
About Vasectomy

What Is a Vasectomy?

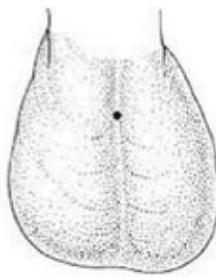
The testicles produce sperm that travel through a tube called the vas deferens. The vas deferens or “vas” continues to travel through the prostate before joining with the vas on the other side to become the urethra, which exits through the penis. The goal in a vasectomy is to block the right and left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

What Is a No-Scalpel No-Needle Vasectomy?

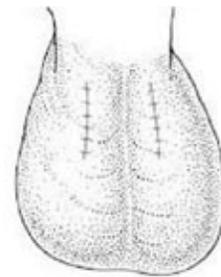
No-Scalpel Vasectomy is different from a conventional vasectomy in the way the doctor gets to the tubes, not in the way they are blocked. In a conventional vasectomy, the doctor makes two cuts into the skin and lifts out each tube in turn, cutting and blocking them. Then the doctor stitches the cuts closed. In a no-scalpel no-needle vasectomy, after local anaesthesia via air injector, 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.



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

What Are the Benefits of 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 no-needle vasectomy compared to the more conventional approach – and men really appreciate not having an injection in the scrotum.

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.

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 (1-2%).
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 (0.5%).
3. **Infection** requiring antibiotics, although more serious infection such as an abscess formation is possible requiring intravenous antibiotics (1-2%).
4. **Congestive epididymitis** resulting in swelling of the epididymis, which is where sperm is normally stored (1-3%). This almost invariably resolves with anti-inflammatories, ice and rest.
5. **Sperm granuloma** is a lump made of leaked sperm that develops at the site where the tube was blocked. Sometimes this can become painful (1-2%). It also almost invariably resolves with anti-inflammatories, ice and rest or may require a local steroid injection..
6. **Chronic post-vasectomy discomfort** is a rare complication of pain in the scrotum that can persist for months or years and may interfere with quality of life. Medical or surgical therapy such as vasectomy reversal can be effective, but not always, in improving this pain (1-2%).
7. **Re-canalization** is a rare outcome for men who develop a channel for sperm flow after a vasectomy. It can occur early during the healing phase (1%), or late (months or years after semen has been declared sperm free) resulting in an unintended pregnancy. The odds of the latter occurring is still far less than on any other form of birth control including tubal ligation.
8. **Vasovagal reaction** is a reaction where in rare cases some men feel faint minutes to hours after the procedure. While most men can drive themselves home, some men may feel more comfortable bringing a designated driver (<1%).

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, hemorrhage 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. Some men are totally convinced that they do not want children. In our experience, many men develop a different attitude as they get older and their life situation changes.
4. Women also change. Some woman say they do not want children only to change their minds as they grow older. 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. Many marriages 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 desire to have children.
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 our doctors' hands, it is extremely effective. Our success rate has been better than 99.9% which is amongst the highest in the world. Having said that, statistically, 1/3000 vasectomies will fail. You must use other forms of contraception for three months as well until the doctor has examined your semen specimen and found it to be sperm free. 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 less than with the conventional technique because there is minimal injury to the tissues.

How Many Visits Are Required?

We understand that your time is valuable so we make it possible to get your vasectomy done in just one single visit.

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 a 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. Without the worry of accidental pregnancy and the bother of other birth control methods, the freedom can result in 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 a man who does not ejaculate for a 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. If you have any doubts, please discuss other temporary birth control methods that are available with your family physician.

Our Approach

Quick and Easy Scheduling. Single-Visit Procedure.

Our clinic is generally able to schedule your appointment with our experienced physician within days. You can simply book online, or just give us a call to schedule. You can choose to have a pre-procedure consultation and vasectomy procedure in a single clinic visit, or schedule separate appointments if you prefer.

At Gentle Procedures, the no-scalpel procedure itself is usually completed quickly, and your total time at the clinic for your vasectomy is expected to be about one hour. We have safely performed over 50,000 vasectomy procedures at our clinics worldwide and bring this experience to all our clinic locations.

Open-Ended Vasectomy Technique: Less Pain, More Reversible

Our doctors perform 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 of concern that 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 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

Our doctor also carries out what some 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. We accomplish this using a dissolvable suture so that no foreign bodies such as metal clips are left in your scrotum.

Semen Testing in Professional Labs

We conduct our semen analysis using only professional and accredited laboratories. This ensures that your semen samples are put through the strictest standards of testing to provide the highest confidence in your results.

Benefits of Our Approach

1. Virtually painless no-scalpel technique to improve your comfort, reduce your anxiety, and offer a minimally invasive procedure.
2. All follow ups and semen test results discussed with you by telephone or email to ensure easy and prompt follow up at your convenience, condensing your entire procedure with us into just one single visit, if desired.
3. Telephone/email support for up to 1 year following a vasectomy.
4. 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 important for men, we want to provide a reliable, convenient and comfortable way of getting the job done. We strive for a high standard of care, especially for something as important as getting a vasectomy.

Patient Instructions

Before Vasectomy

1. Please review the entire vasectomy section on our website so you are confident and informed about your decision.
2. Our doctor will conduct a consultation to ensure you are a candidate and to go over any questions you might have. The consultation may be done in the same visit as your procedure, or in a separate prior visit if you prefer.
3. Please review the No-Scalpel Procedure, Before Vasectomy and After Vasectomy sections of our website so you know what to expect.
4. For two days prior to your surgery date, do not take any aspirin, anticoagulants (warfarin) or non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, or diclofenac. These medications will thin your blood.
5. Two business days prior to your appointment, please call our clinic to confirm your vasectomy.
6. Please avoid any alcohol 2 days before and after the procedure.
7. 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.
8. 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.
9. If you want, you can take 2 tablets of Panadol when you arrive at our clinic.
10. Please arrive 20 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.
11. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
12. 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. Our nurse 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.
13. You are now ready for your vasectomy. The doctor will start by administering the anaesthetic.
14. 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 before and 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 and evening 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 scrotum or abdomen. That is because the testes originate from the abdomen as an embryo and share some nerve supply. Anything in the scrotum may be perceived in the abdomen as well. The normal healing time after vasectomy ranges from 1 to 3 weeks with an average of about 14 days.
2. You will have only one small wound less than 1 cm after your procedure. It may be felt anywhere from the base of your penis to anywhere on your scrotum. We will also apply a thin layer of specially formulated skin glue 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. The skin glue may peel off after just a few hours (often same day) but will continue to work and the wound will then usually seal in 3–4 days. A little bleeding from the wound is normal.
3. You may take a daily shower, starting 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, 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 7 kg (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.
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. You might notice a lump on each side of your scrotum (sometimes up near the abdomen) after your vasectomy for a 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.
10. We will let you know on the day of your procedure when to come in or call us for your follow-up.
11. Please remember that you need to do a semen check after 3 months following your vasectomy. Continue other birth control methods until the doctor reviews your test 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.
12. You have telephone access to our doctor for any issues up to one year. Otherwise, for non-emergency issues please book an appointment with our office.

Post-Vasectomy Semen Analysis

Call the Lab

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.

Preparation

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

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.

Learn More About Penile Frenulectomy

What Is Penile Frenulectomy?

Penile frenulectomy and frenuloplasty are procedures that can alleviate the pain associated with a tight band of tissue connecting the glans to the shaft of the penis on its underside. When the frenulum is tight or short this is called a frenulum breve. A tight frenulum can exist in both circumcised and uncircumcised men and can create a restriction that is susceptible to micro-trauma, causing bleeding and painful erections.

The procedure involves the removal of the restricting tissue for increased range of motion in the penile skin and enhanced sexual enjoyment. The procedure is performed using a long acting local anaesthetic and generally results in relief with a very brief recovery period.

Tight Frenulum – A Cause of Penile Pain and Bleeding During Sex

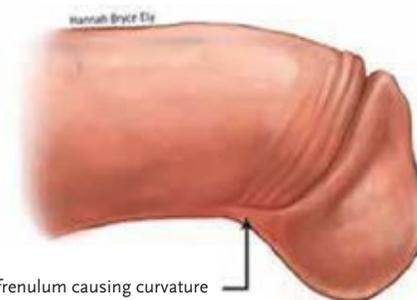
The frenulum of the penis is a band of tissue located underneath the penis. When the frenulum is tight or short, this is called a frenulum breve. This can result in tension on the frenulum during erections, which can rip and tear during vigorous activities such as sex, causing pain and bleeding which in turn causes many men to lose their erections.

Some men go through their entire lives suffering from pain and bleeding unaware that there is a cure. The degree of tightness and thickness of the frenulum varies from men to men.

Our Approach

We are familiar with several different techniques being used around the world. Depending on the size and shape of your penile frenulum, we may employ a scalpel or bipolar diathermy to release it. Once the frenulum is released, we will then assess whether dissolvable stitches will be necessary to approximate the incision.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. Recovery usually takes only a few weeks. Procedures are performed under long lasting local anaesthetic.



Tight frenulum causing curvature with erections

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Learn More About Circumcision for Adult Men

There are several reasons why men may choose an adult circumcision procedure. Some require circumcision as a cure for conditions like phimosis (an overly tight foreskin) while others choose circumcision for cosmetic and personal reasons.

Adult Circumcision Age Range

We are also often asked; “Am I too old to get circumcised?” and the answer is almost invariably “no”. Men and youth of all ages can have the surgery in our clinic. The most common age range for adult circumcision is 20 – 40 years old, but the procedure is regularly performed on a larger age range as requested for medical and personal reasons.

The Adult Circumcision Process

At Gentle Procedures Clinic we perform adult circumcision with the Pollock Technique™. This virtually painless method offers a combination of local anaesthetic, quick surgical technique with the Mogen clamp and use of skin glue. With the introduction of our skin glue closure method, we have been able to obtain improved cosmetic outcomes without the typical multiple suture track marks in the mucosa and skin. In addition, glue closure is quick and non-invasive.

Does adult circumcision hurt?

We employ a highly effective local anesthetic to ensure you are numb prior to proceeding.

When can I go back to work after an adult circumcision?

For those with an office job, you may return in 2-3 days. For those who work physical jobs, we suggest you rest for 5-7 days.

What kind of activities can I do or not do?

After your first week of taking it easy you may resume regular activities as long as you are pain free, including sports or going to the gym. You should avoid any activity that puts pressure on the penis or scrotum for at least 3 weeks (biking etc.). No contact sports for 6 – 8 weeks.

When can I have sex again?

You should not have sex or masturbate for 6 weeks after getting circumcised as an adult.

How much pain should I expect during recovery?

Most adult circumcision patients find that there is minimal pain post operatively. Expect some mild discomfort after your procedure for a couple days just like with any surgery, after which there may be some discomfort during the first 2 weeks with nocturnal erections but they are generally mild and relieved with paracetamol or ibuprofen.

Please contact us for more information about adult circumcision or see our website for details.



Gentle Procedures Clinic

*Thank you for your interest in
Gentle Procedures Clinic for a
no-scalpel vasectomy procedure.*

gentleprocedurescanberra.com.au

Canberra Clinic Location

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Contact Information

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