



Ireland's Longest Established Vasectomy Clinic

Over **5,000 Successful Vasectomies** performed

(01) 276 8879 | contact@optiman.ie

 **The Optiman**
VASECTOMY



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Meet our Clinical Team



Dr Emmett Byrne
RCSI, LRCPI, SI, MB BCH, NUI,
MICGP, BE, MIEI

Men's Health Practitioner



Mr. John Sullivan
MB BCh BAO, MD, FRCS

Consultant Urologist



Martina McDonagh

Practice Manager

Welcome to Optiman

As Ireland's longest-established vasectomy clinic with over 5,000 successful procedures to date, we believe in offering a world-class vasectomy service to allow men and their partners have stress-free sex once again without the worry of an unintended pregnancy.

We're committed to upholding the highest international standards of male surgical care while treating our patients with compassion, dignity, and respect.

In addition to its effectiveness as a form of contraception, a vasectomy is also a convenient and hassle-free option. You and your partner will have complete peace of mind and freedom from having to remember to take daily pills or use a condom.

Your procedure will be performed by Dr Emmett Byrne, a highly experienced vasectomy specialist who uses the most modern medical approach of a 'scalpel-free & needle-free', minimally invasive procedure.

It's simple, quick and virtually painless and is done in our comfortable clinic.

The procedure typically takes less than 10 minutes and most men are able to return to their normal activities within a couple of days.

Ready to book in now?

Book your appointment on: **(01) 276 8879**

Thanks for considering us.
Emmett



Myths About Vasectomy

Having a vasectomy is a big decision and there are a lot of myths that stop men going ahead with it. These myths are just that - myths - and not true!

Here are 5 myths about vasectomy you may have heard:

Myth 1: Vasectomy is painful.

Fact: While vasectomy is a surgical procedure, it is performed with local anaesthesia and is not generally considered to be painful. Some men may experience minor discomfort or swelling after the procedure, but this usually goes away within a few days.

Myth 2: Vasectomy is a risky procedure.

Fact: Vasectomy is a safe and effective form of contraception. The procedure has a low risk of complications and can be performed with minimal discomfort.

Myth 3: Vasectomy causes a decrease in testosterone

Fact: Vasectomy does not affect testosterone production or levels. Testosterone is produced by the testicles and is not related to sperm production or transport. For this reason vasectomy does not affect a man's sex drive or libido. (If you have any concerns regarding Testosterone production please discuss this with your doctor during initial consultation)

Myth 4: Vasectomy increases the risk of prostate cancer.

Fact: There is no evidence to suggest that vasectomy increases the risk of prostate cancer.

Myth 5: Vasectomy is expensive and requires a general anaesthetic in a hospital

Fact: Vasectomy can be performed while you are awake in less than 30 minutes.



Why Choose Optiman?

It's a big decision to have a vasectomy and it's even more important to choose the right specialist to take care of this for you.

The Optiman Clinic incorporates 'Vasectomy Ireland' - Ireland's longest established Vasectomy clinic formerly in Clane, Kildare - which has been successfully providing high quality medical vasectomies for over 30 years.

Our doctor, Dr. Emmett Byrne, brings unique expertise to our clinic. Dr. Emmett, with specialized training in vasectomies and a track record of over 5,000 successful procedures completed, plays a pivotal role in our consultant-led clinic.

“

Excellent from start to finish. Very simple to book with helpful instructions. Location is easy to get to, parking right outside and the premises is clean and comfortable. Really good consultation before the procedure with Doctor Byrne. Felt as much at ease as possible considering and the procedure itself was straightforward, painless and over quite fast. Having the after care service available should it be required gives great peace of mind. Would highly recommend.

Donal Gleeson

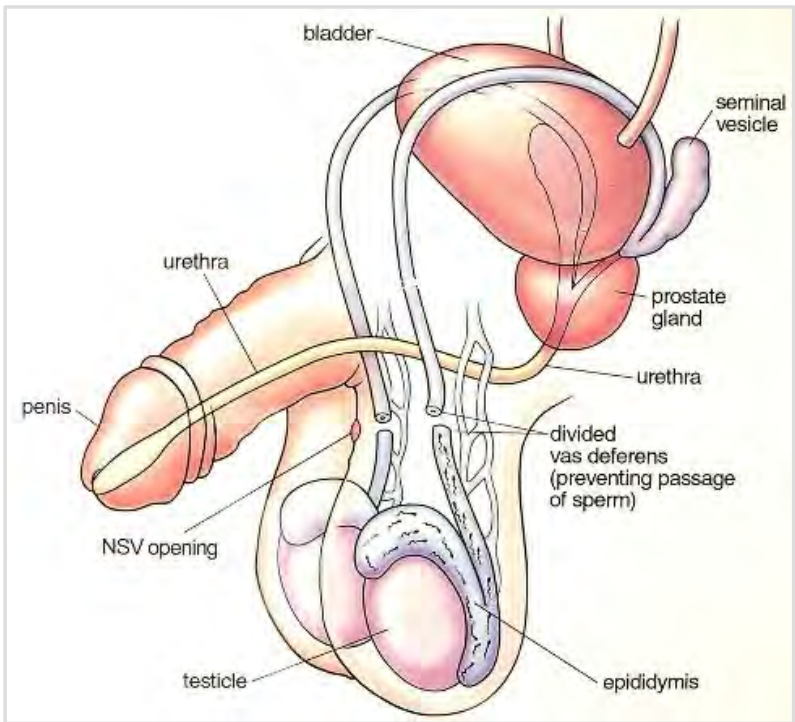
Vasectomy

Developed as a means of contraception very early in the early 20th century, vasectomy is a dependable method of birth control for men who think they will never want any or any more children.

It is a simple 15 minute procedure performed in a doctor's clinic with a local anaesthetic. A vasectomy is carried out to prevent sperm from entering the semen, 95% of which is support fluid made by glands called the prostate and seminal vesicles, located in the pelvis behind and beneath the bladder.

Sperm are made in the testes. From each testis, sperm move through a long tube behind the testis (the epididymis) where they become mature. From there, they swim up a foot-long tube (the vas) which guides them up to the channel (urethra) through which men urinate and ejaculate.

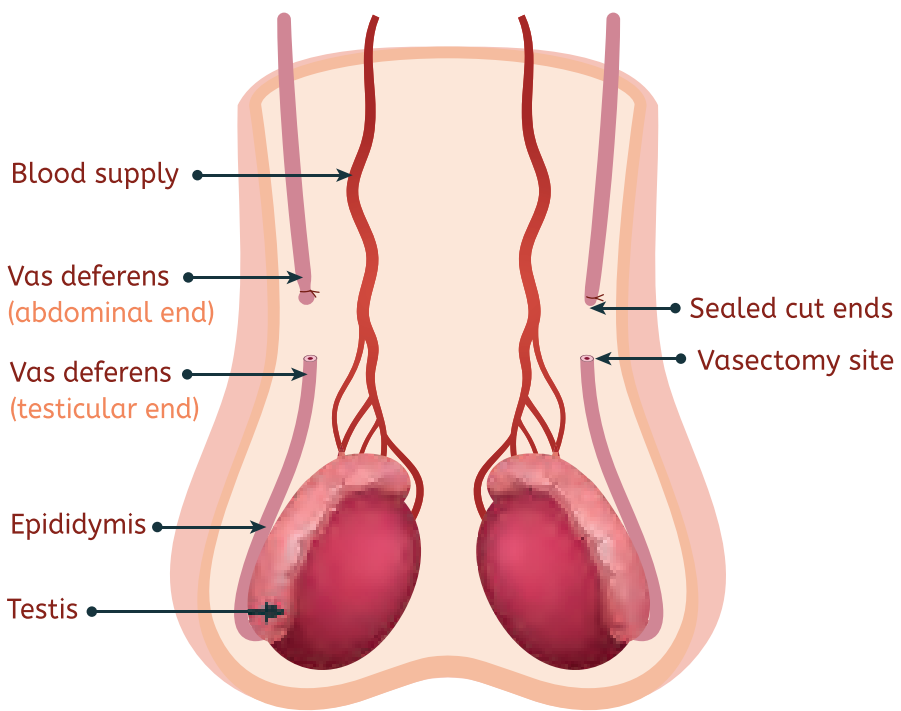
Just before entering the urethra, the left and right vas tubes are enlarged, and it is here, behind the bladder, where many sperm are stored between ejaculations. This is the location at which a vasectomy takes place. It is the easiest place to access the vas tubes because at this point the vas tubes are just beneath the thin scrotal skin, easy to feel and very mobile.



During a no-scalpel vasectomy, a single tiny access opening is made on the front side of the scrotum. The 1/4-inch slit usually seals within hours, so no stitches are needed. Through this one opening, each vas (left & right) is divided, one end is cauterised, and the divided ends are kept out of alignment, by closing the vas sheath between the 2 ends with a tiny clip so the ends won't grow back together (a technique called fascial interposition).

The portions of the vas tubes within the pelvis still contain live sperm until they are all released. About 95% of men are sperm-free after 20 ejaculations AND 12 weeks. You should use other forms of birth control for 3 months after the vasectomy, or for a greater degree of confidence, until it is confirmed by Post Vasectomy Semen Analysis that the semen is sperm-free.

After a vasectomy, sperm are still made by the testes but can no longer pass up through the vas tubes and into the semen made by the prostate and seminal vesicles. So the body adjusts: white blood cells ingest and digest the retained sperm, recycling the proteins back into the system for use in other body functions.



After vasectomy, most men notice:

- No change in the semen
- No change in sex drive
- No change in climax sensation
- No change in the testes or scrotum
- No change in erection

Advantages of vasectomy:

- Low cost, one-time expense
- More dependable than any other form of contraception
- Eliminates risks associated with birth control pills, shots, implants and the IUD.
- No need for inconvenient and less dependable methods, so there are ... no more worries

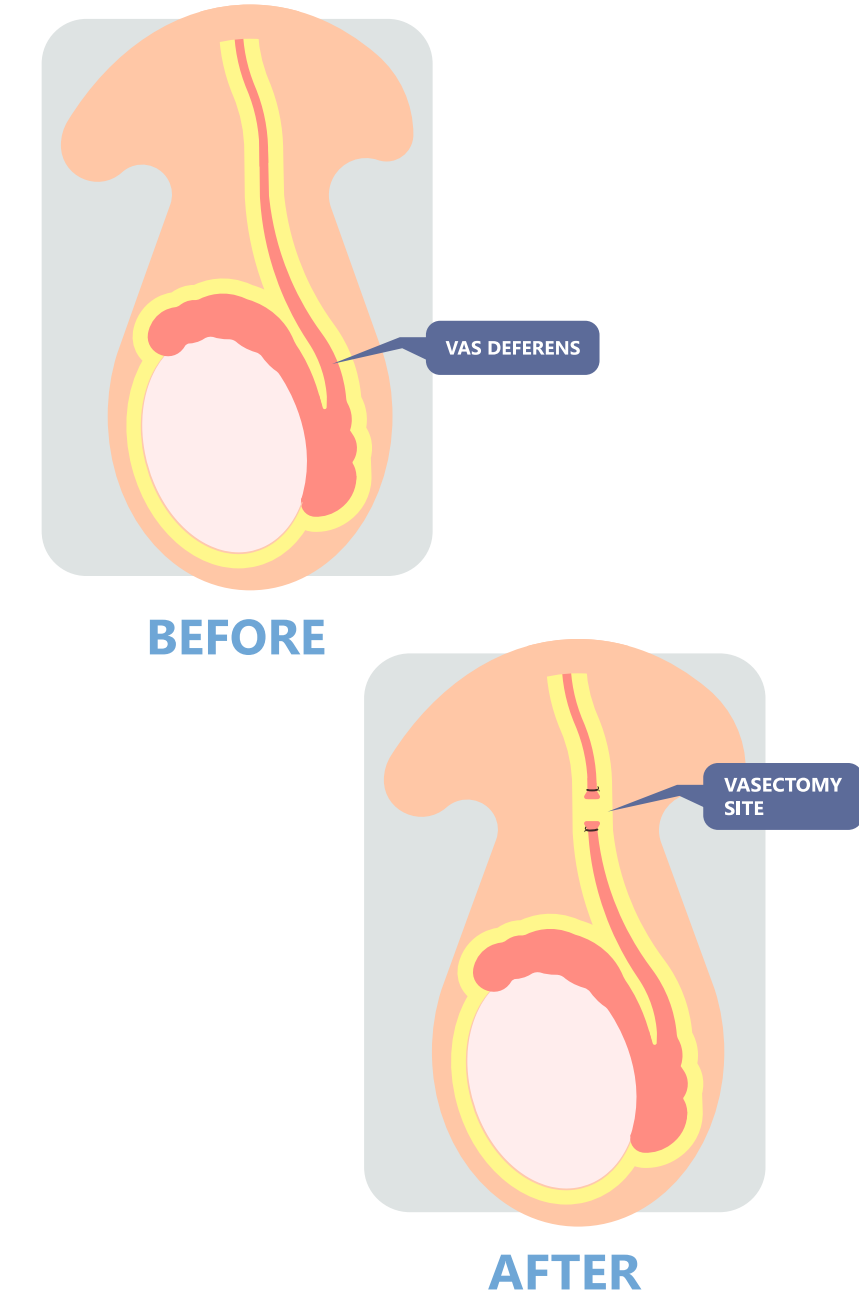
Limitations of vasectomy:

- It is considered a form of permanent contraception and is NOT 100% reversible
- You must continue to use other forms of birth-control until you receive 2 consecutive clear results from our lab.
- Vasectomy does not prevent transmission of sexually transmitted infections.

What to Expect

Before Your Vasectomy

- Shave the front of the scrotum and base of the penis the day before your vasectomy. Having a "hair-free zone" makes the procedure much easier for the doctor.
- Take a regular shower with soap on the morning of your procedure. Get a good lather going and rinse well. You don't need to buy any special soap; normal bath soap is excellent.
- Wear clean snug underwear to your appointment.
- Eat before your procedure, a normal breakfast or lunch. Nervous men who do not eat beforehand are more likely to become lightheaded during or after their vasectomies.
- If you are taking aspirin or any 'blood thinning' medications, we will discuss prior to the procedure.



After Your Vasectomy

- Minimise activity for the remainder of the day.
- You may take paracetamol (Panadol) for discomfort.
- No need for ice packs but they can be used if you wish.
- Wear tight underwear whenever you are up and around for the next 2 days.
- On the day after the procedure, you may shower as normal, walk and drive as much as you like, but no sports, heavy work, swimming, or cycling. Men with non-strenuous jobs may work the next day. Extra care should be taken for up to 7 days post vasectomy. If in doubt, leave it out!
- You should not ejaculate for one week after the procedure. It is uncommon but normal to have some blood in the semen for the first few ejaculations.
- After your vasectomy, you will be given a follow-up sheet with discharge instructions, some pain medication and details for the semen analysis. Call the number listed on your sheet for any questions regarding post-vasectomy care.
- It is normal to have some discoloration of the skin (black and blue) around the puncture site a day or two after the vasectomy. Some men will develop considerable discoloration of the scrotum about 4 days after the vasectomy. Blood from the deep vasectomy site comes to the surface as a purplish-blue mark, gets darker and spreads out like an oil slick, then gradually dissipates.
- Twelve weeks and 20 ejaculations (number of ejaculations and number of weeks are both important) after your vasectomy, you may have your semen tested to be sure that it no longer contains sperm and that it is thereby safe to stop other forms of contraception. Optiman Clinic staff will provide instructions.

Frequently Asked Questions

Q. Is a vasectomy reversible?

The simple answer to the question is - yes. Vasectomies can be reversed. But keep in mind that reversals are not a simple operation. It is very important to be sure that if you have a vasectomy you are positive you don't want to have any children in the future.

Q. How long will I need off work after a vasectomy?

Fitting a vasectomy in around work commitments can be challenging, so it's good to understand how much time you might need off work - if any - after a vasectomy. The most important factor in working out how much time you need off is the type of work you do.

If you work in an office job you can return to work straight after your procedure. It is advised that you should plan to rest in a comfortable chair or couch for the rest of the day and restrain your activities to minimal movements. If your job involves heavy lifting, climbing, driving vehicles on bumpy roads and anything with lots of movement, you will probably want a few days off. We recommend at least a week and this could be either on sick leave or performing light duties.

Q. Does a vasectomy work straight away?

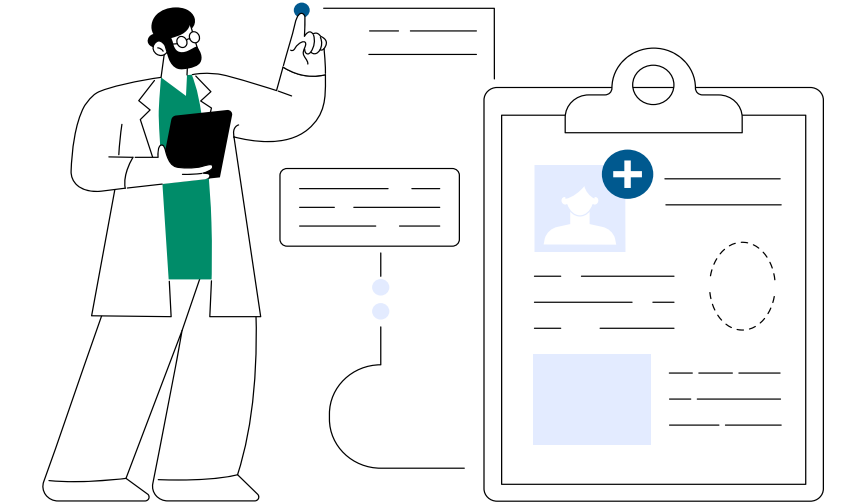
Although the vasectomy itself is a quick procedure you won't immediately become sterile. There are millions of sperm in the upper end of the tubes that need to be cleared out, and these sperm still have the potential to cause a pregnancy for a few weeks after the procedure. It is important to note that for the first 3 months after your vasectomy you will need to continue using contraception. Once you reach 3 months and have completed at least 20 ejaculations we will ask you to complete a Post Vasectomy Semen Analysis, or sperm test, to confirm the procedure was successful.

You will be provided with full instructions regarding your Post Vasectomy Semen Analysis by the doctor who carries out your vasectomy. We arrange for the testing and it is very important that you wait for the results before stopping using the other methods of birth control.

Are you a GP who wants to refer your patient for a Vasectomy or TRT?

Led by Consultant Urologist Mr. John Sullivan and supported by leading men's health specialists, Dr. Emmett Byrne (GP), The Optiman Clinic provides optimal healthcare services for men.

- ✓ **Vasectomies (Scalpel-Free & Needle-Free)**
- ✓ **Testosterone Replacement Therapy (TTh / TRT)**
- ✓ **Full Urology service**
- ✓ **Cancer**
- ✓ **Mental Health**
- ✓ **and more**



Vasectomy Ireland, now part of The Optiman Clinic, is Ireland's oldest vasectomy clinic established in Clane, Kildare over 30 years ago. Dr. Emmett Byrne, men's health specialist, has performed thousands of successful, no needle-no scalpel vasectomy technique. We are known for delivering exceptional patient care while upholding the highest standards.

Benefits of referring your patients to us

- 1. Expertise and Experience** - The Optiman Clinic, incorporating Vasectomy Ireland, is Ireland's longest established vasectomy clinic.
- 2. Dedicated Urologist** - Ireland's only vasectomy clinic to have a Consultant Urologist on the team.
- 3. Patient Satisfaction** - Over 5,000 successful vasectomies performed
- 4. Communication and Collaboration** - The relationship between our clinic and referring GP's allows for a better patient experience.
- 5. Affordable Fee** - Our transparent fees includes pre-treatment counselling, any procedures, post-operative care and support.



Ready to book in now?

If you are ready to book in for a vasectomy, we perform Needle-Free, Scalpel-Free Vasectomy at the Optiman Clinic.

Call us today to make an appointment or visit www.optiman.ie

GP Referral Pathway

GP's can now refer directly through Health Link using Vasectomy - Dr Emmett Byrne

HealthLink 