



Is Your Family Complete? His and Her Options!

by **ROBERT G. PUGACH MD**

Tubal Ligation

- Hospital operating room procedure
- General anesthesia required
- 30 minutes to 1 hour (dependent on type)
- Ample recovery required
- Significant pain and discomfort
- Sexual activity after incision heals
- 4 times more expensive
- Rarely reversible

Vasectomy

- In-office procedure
- Local anesthesia (no needle)
- 15 minutes
- 24 hour recovery
- Minimal pain
- Sexual activity in 48-72 hours
- 1/4 the cost
- Reversal usually possible

It's a new year and many couples may be considering their options for a permanent form of birth control. For many, the discussions revolve around who will get "fixed." Most couples know about a tubal ligation for women but often don't weigh this procedure against a vasectomy.

At Pacific Coast Urology Medical Center, I perform all of our vasectomies using the remarkable No Needle/No Scalpel technique because there is usually only slight discomfort and minimal down time. If you are certain that you do not want to have more children, The No Needle/No Scalpel Vasectomy is your logical choice.

Equally important is the potential for infection. For a hospital operating room procedure, infection rates are typically in the 3% range. For an in-office No Needle/No Scalpel vasectomy the infection rate is less than 0.5%.

For most couples, after they carefully consider the two procedures, a vasectomy becomes the clearer, safer and easier choice when your family is complete. Men, there is no need to fear a vasectomy - approximately 500,000 are done in the United States every year.



**Still not sure? View our patient videos online (www.advancedvasectomy.com) or just ask us!
Call Pacific Coast Urology Medical Center at 1-888-735-4336, to schedule your consultation. Visit
www.pacificcoasturology.com and advancedvasectomy.com**