

# No-Scalpel No-Needle Vasectomy

*Patient Information*

CLINICS  
**Pollock**


No-Scalpel No-Needle Vasectomy  
Circumcision For All Ages  
Penile Frenulectomy  
Erectile Dysfunction  
Peyronie's Disease  
Premature Ejaculation  
Testosterone Assessment  
Penile Enlargement  
Hair Restoration For Women & Men

# Pollock<sup>CLINICS</sup>



A 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 Pollock Clinics. We thank you for your trust. Our mission is to strive to uphold the highest international standards of male medical care while treating our patients with compassion, dignity, and respect. For over 25 years we have made it a priority to strive to achieve the highest standards of patient care.*

## About Us

Our clinics deliver a focused set of therapies and surgical procedures. With highly experienced physicians and two convenient clinic locations (in New Westminster and Vancouver), we are able to 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

Pollock Clinics is BC's largest provider of no-scalpel no-needle vasectomy and circumcision for babies, boys, and men of all ages. We also offer treatment for erectile dysfunction as well as penile frenuloplasty and frenulectomy, and circumcision revision.

# Our Doctors

## Dr. Neil Pollock, MD

Neil Pollock, MD is the founder of Pollock Clinics and has over 20 years of clinical and research experience in vasectomy and circumcision. He has developed and pioneered the Pollock Technique™ for circumcision. Numerous articles have been written about Dr. Pollock in local and national publications and he is an invited guest lecturer and surgical instructor at many hospitals and conferences in Vancouver and throughout the world, including Haiti, Turkey, China, Rwanda, and the US.

Dr. Pollock is a Clinical Instructor with the University of British Columbia Faculty of Medicine. He enjoys teaching medical students and visiting physicians, who travel from around the world to Vancouver to work specifically with him to learn his unique and highly respected surgical techniques.

## Dr. Jack Chang, MD

Jack Chang, MD, is a graduate of Yale University and the University of British Columbia Medical School. After completing his postgraduate training in Prince George, BC, he started his career serving rural and remote communities in BC, Yukon, and Nunavut before joining Pollock Clinics in 2014.

Dr. Chang studied under some of the most renowned vasectomy physicians in North America. Along with Dr. Pollock they are among the most experienced providers in the world. Dr. Chang is a veteran of multiple No-Scalpel Vasectomy International medical missions, providing free vasectomies in developing countries such as Haiti, Kenya, and the Philippines to alleviate poverty through family planning, and trains international physicians from around the world in both developed and underdeveloped nations.

He is a Clinical Instructor at the University of British Columbia Faculty of Medicine and is actively involved in teaching medical students and residents.

## Dr. Aaron Goldstein, MD

Dr. Goldstein has a background in men's health and minor surgery. He was founder and lead clinician at a vasectomy clinic in Cairns, Australia (Great Barrier Reef) and was the first to bring cutting edge No Scalpel Vasectomy to the men of remote North Queensland, Australia. He has performed thousands of No Scalpel Vasectomy procedures in Australia before joining Pollock Clinics in 2022.

Dr. Goldstein has now trained to the highest standard under world leading experts Dr. Neil Pollock and Dr. Jack Chang here at Pollock clinics. He practices the Pollock Technique method of infant circumcision and will be offering circumcision for all all ages, men's sexual health services and vasectomy services.

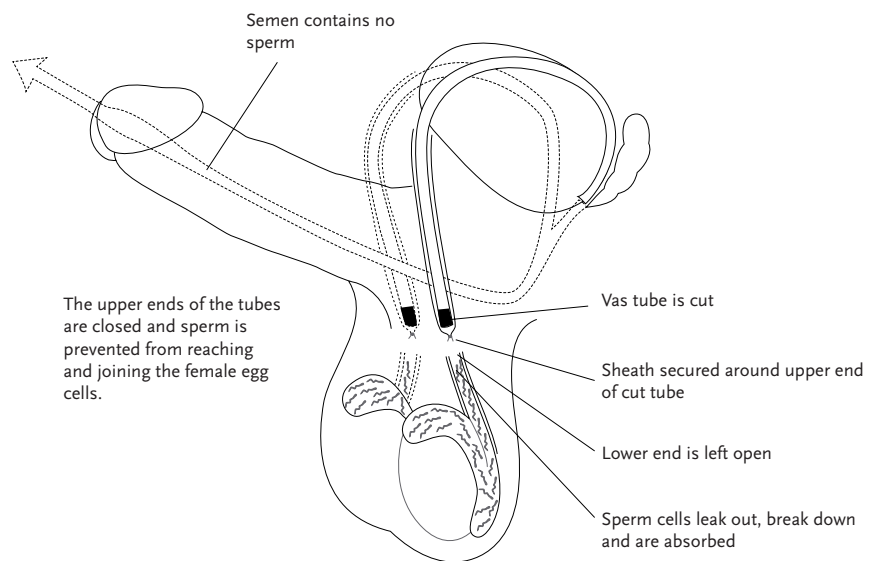
Dr. Goldstein will also head the education program for the training of other physicians here at Pollock Clinics. He is excited to join the team and looks forward to offering his surgical expertise to men and families here in Greater Vancouver.



# Getting Started

## 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!

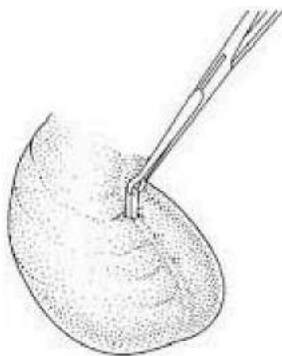


## What Is a No-Scalpel No-Needle Vasectomy?

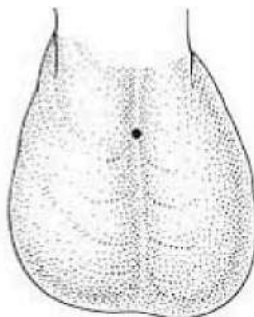
No-Scalpel No-Needle Vasectomy is different from a conventional vasectomy in the way the doctor gets to the tubes, not in the way he blocks them. In a conventional vasectomy, the doctor makes two cuts into the skin and lifts out each tube in turn, cutting and blocking them. Then the doctor stitches the cuts closed. In a no-scalpel no-needle vasectomy, 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.

## What Are the Benefits of No-Scalpel Vasectomy?

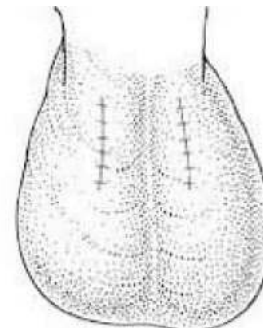
Studies have shown an eight times lower complication rate, quicker healing, and less intra-operative discomfort for a no-scalpel vasectomy compared to the more conventional approach.



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

## 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. Currently we refer our vasectomy clients to Olive Fertility Centre for sperm storage. For more information you can visit their website.

## 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 after two samples (0.05%) 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 kids. In our experience, many men develop a different attitude about having kids as they get older and their life situation changes.
4. Women also change. Some woman say they do not want kids 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. More than 40-50% of relationships in North America 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 kids.
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 No-Needle Vasectomy?

In our doctors' hands, it is extremely effective. Our success rate has been better than 99.9% which is amongst the highest in North America. 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 specimens 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 No-Needle 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 No-Needle 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?

At Pollock Clinics, our doctors understand your time is valuable so we make it possible to get your vasectomy done in just one single visit.

## The Doctor Said My Scrotum Was “Too Tight or Constricted” on the Day of the Surgery. What Does That Mean?

Occasionally, we have men who have very “tight” or “constricted” scrotums. In this situation, our doctors will postpone the procedure and prescribe you Diazepam as well as ask you to soak your scrotum in a hot bath prior to coming in for your procedure the next time. This will help relax the muscles in the scrotum and make it easier to access your vas deferens and will also result in less chance of complications.

## 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. Studies show that without the worry of accidental pregnancy and the bother of other birth control methods, the freedom results in substantially 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 very 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 No-Needle 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. Sperm banking is a good idea for almost anyone considering a vasectomy. 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. Short Single-Visit Appointment.

We have three experienced physicians at two different locations to ensure that you are scheduled within days. You can simply book online, and you will be combining your consultation and procedure into **one single visit**.

At Pollock Clinics, the procedure itself is usually completed in less than 6 minutes, and your total time at the clinic is expected to be under one hour.

Drs. Pollock, Chang and Goldstein, together, have successfully carried out over 75,000 vasectomies since Dr. Pollock founded the clinic over 20 years ago.

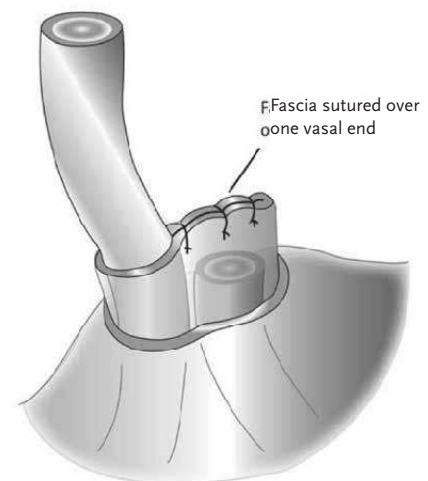
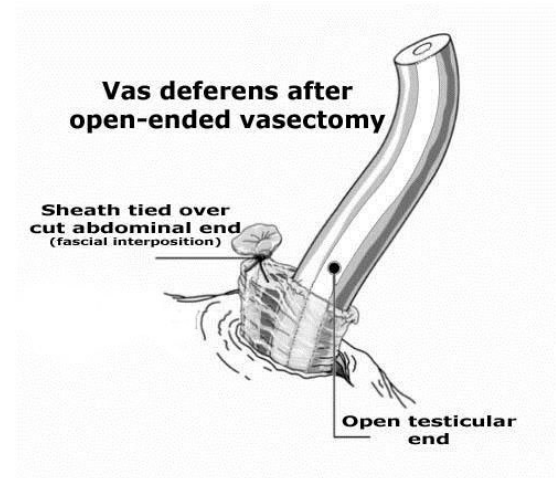
Their surgical experience and advanced techniques are critical factors in their high success rates (over 99.9%), low complications and short recovery times.

## 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, while the upper end of the tube leading to the penis is cut and then separated by the fascial sheath barrier.

Historically, the lower end was closed off during a vasectomy because many providers were worried 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 build up 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 doctors also carry out what many 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 : Professional Labs All Over BC

No matter where you are traveling from, we conduct our semen analysis using only professional and accredited labs through Lifelabs. Locations are available throughout British Columbia. This ensures that your semen samples are put through the strictest standards of testing to provide the highest confidence in your results.

## Our Vasectomy Service Features

### Private Care

Drs. Pollock, Chang, and Goldstein are not enrolled in the Medical Services Plan. Clients pay directly for their vasectomy procedure.

Drs. Pollock, Chang and Goldstein, together, have successfully carried out over 75,000 vasectomies since Dr. Pollock founded the clinic over 20 years ago. Their experience and advanced techniques are critical factors in their high success rates (over 99.9%), low complications and short recovery times.

Our package covers the following:

#### *Important procedural features such as :*

- A virtually bloodless and painless, no-scalpel no-needle vasectomy carried out in 6 minutes
- No needle anesthetic to reduce risk of intra-operative hematoma and post-operative bleeding
- Skin glue wound closure for fast wound recovery
- Dissolvable thread for fascial interposition as opposed to metal clips so no foreign body is left in the scrotum

#### *A patient-centered approach to optimize your experience and ensure your convenience :*

- Online registration
- No physician's referral required. Just book directly
- Pre-procedure counselling from office staff by phone prior to you coming in
- Post-vasectomy semen analysis at LifeLabs
- Post-vasectomy semen analysis results by telephone
- Two convenient clinic locations

#### *Our patients also appreciate our exceptional support:*

- Flexibility to make appointment changes within days of scheduled procedure
- 24/7 access to our doctors through their personal cell phones for any urgent concerns

## Patient Instructions

### Before Vasectomy

1. Please review the entire vasectomy section of the website so you are confident and informed about your decision.
2. Drs, Pollock, Chang and Goldstein, together, have successfully carried out over 75,000 vasectomies since Dr. Pollock founded the clinic over 20 years ago.
3. Please review the "Benefits of Our Approach" section so you know how we operate.
4. Please review the section "After Vasectomy" so you know what to expect after your procedure.
5. Do not take Aspirin or anticoagulants (blood thinners) for one week prior to your procedure. Non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Motrin, Aleve, Advil, Ibuprofen, Naproxen, or Diclofenac must



not be taken in the 48 hours prior to your procedure.

6. Please confirm with your family doctor or specialist before stopping any blood thinners or anticoagulants (such as Warfarin).
7. Two business days prior to your appointment, please call our office to confirm your vasectomy at (604) 239-4218.
8. Please avoid any alcohol 2 days before and after the procedure.
9. Please shave the underside of the penis and front wall of the scrotum the day before the procedure to save time.
10. On the day of your surgery, please take a shower with soap and water.
11. 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.
12. Please arrive 15 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.
13. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
14. 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. One of our staff 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.
15. You are now ready for your vasectomy. One of our doctors will start by administering the anesthetic.
16. You are encouraged 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 with the doctor during your procedure.**

## No Aspirin or NSAIDs

Starting seven days before the procedure, do not take any Aspirin or anticoagulants (blood thinners).

You can still take other pain relief medication like acetaminophen.

In addition, in the 48 hours before your procedure, you must entirely avoid Non-Steroidal Anti-inflammatory Drugs such as Ibuprofen, Motrin, Aleve, Advil, Naproxen, Diclofenac, and or other anti-inflammatory medication.

These medications thin the blood somewhat and increase the risk of bleeding.

Acetaminophen is acceptable because it does not impact your risk of bleeding during and after surgery.

Don't take aspirin and other anti-inflammatories for your own safety. Our doctor may not perform your procedure if you have taken these drugs recently. If you have a medical requirement to do so, please discuss the situation with us.

Please confirm with your family doctor or specialist before stopping any blood thinners or anticoagulants (such as Warfarin).

## Two Days Before Surgery

Please avoid alcohol for 48 hours before and after the surgery.

## The Day of Your Surgery

Wear very supportive underwear. Please do not wear boxer shorts, as they do not provide the necessary support.

Wear comfortable clothing. Choose pants that you won't mind getting iodine on after the procedure.

We also recommend that you wear a T-shirt because the room in which we do the procedure is hot and anything heavier may be uncomfortable for you.

The heat of the room relaxes the scrotum and makes the procedure easier to perform. You can imagine yourself on the beach on a southern vacation during the brief surgery.

Eat a good breakfast! You will feel much more comfortable during the procedure. Minimize coffee, but have one if skipping it causes you material stress.

Plan to arrive a little earlier for your appointment.

## After Vasectomy

1. On the same day of your vasectomy, you should go home and rest for the remainder of the day 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 nuts or abdomen. 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 anywhere from the base of your penis to anywhere on your scrotum. A thin layer of skin glue is applied and will peel off after just a few hours to a few days. A little bleeding from the wound is normal.
3. You may take a daily shower the next day.
4. For the first 48 hours, take 2 tablets of extra-strength Tylenol every 6 hours and ice the area regularly (30 min on, 30 min off) whenever you can.
5. After 48 hours (on day 3), take 2 tablets of 200mg Ibuprofen (400mg total) every 8 hours no matter how good you feel as this will reduce the post-surgical inflammation. Do this for a minimum of five days. You may continue up to two weeks if desired. If you get side effects, then of course stop the pills.
6. For the first week, avoid sex, physical labor or any exercise. Also avoid lifting more than 15 lbs (including babies or children) in the first week. After one week, when pain and tenderness are minimal, you may return to your usual activity starting at ½ the intensity of your usual workout.
7. 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.
8. 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 re-absorption. It is managed effectively with Ibuprofen 600mg 3 times a day for 7 days. You might also notice a lump on each side of your scrotum (sometimes up near the abdomen or pelvis) after your vasectomy for the next few weeks - that is the surgical site 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.
9. At 3 months, conduct your semen analysis as outlined below. **Call Lifelabs two months in advance to book your test.** Continue birth control until our doctors review your test result. Call 5 days after your test to go over the results of your semen analysis together. Most men are cleared after 1 test however some men will take longer than 3 months.
10. You will want to achieve 20 ejaculations within the first three months of your vasectomy to flush out the existing sperm in your reproductive tract.

## Important Note Regarding Your Post-Vasectomy Semen Analysis

Please call the booking phone number on the lab form to schedule your appointment.

### *Preparation*

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

### ***Call***

Please call the Lifelabs location of your choice to confirm they can accept your semen analysis and book an appointment (they may send you to a different lab). Call Lifelabs two months before your required test date to book. When dropping off your sample, you must bring your lab forms with you or they will not accept your sample.

### ***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 urine 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***

**Five days** after dropping off your specimen, please call us to receive your results at 604-717-6200, option 3, and ask to speak to one of our assistants.

# Learn More About Penile Frenulectomy

## 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 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.

## A Tight Frenulum May Cause Premature Ejaculation

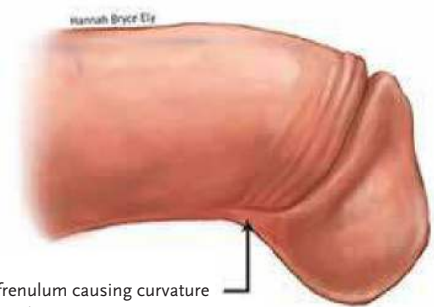
Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration. It may result in unsatisfactory sex for both partners. It is one of the most common forms of male sexual dysfunction.

Some studies report that a short frenulum is found in up to 43% of individuals affected by premature ejaculation. It is thought that the frenulum plays an important role in penile erection and when frenulum tension exceeds a certain limit, orgasm and ejaculation may be accelerated. When the frenulum is lengthened, penile tension and sensitivity may be decreased. Penile frenulectomy has been shown to be effective in some but not in all cases of premature ejaculation.

## What is the Treatment for a Short Frenulum?

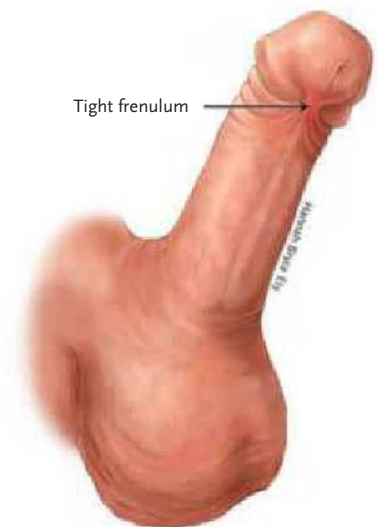
A frenulectomy is a technique that treats this condition by removing the tight restriction, allowing increased penile skin range of motion.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. With Dr. Pollock's technique, there is minimal down time and complete healing usually occurs within 6 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 a number of 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.

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 medical team at Pollock Clinics is experienced and offer expertise at circumcising men of all ages.

## The Adult Circumcision Process - Two Methods

Our team and our internal procedures are optimized to deliver the quality care to men requiring circumcision.

We perform two methods of circumcision at Pollock Clinics – Mogen clamp circumcision using the Pollock Technique™ and Shang Ring circumcision. With either method, you will receive detailed written instructions for post-surgery care as well as consult one-on-one with the doctor. Healing times are relatively the same. We will decide with you which procedure might suit you best.

Our team is available after surgery as required to answer your questions and to react quickly should there ever be any problems.

### ***Pollock Technique™ Circumcision***

This method uses combination of our local anesthetic, 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 an improved cosmetic outcome without the typical multiple suture track marks in the mucosa and skin. In addition, glue closure is 10 times as quick compared to traditional circumcision.

### ***Shang Ring Circumcision***

This method was developed in China through the backing of the Bill and Melinda Gates Foundation with the hopes that it will reduce HIV/AIDS. Shang Ring circumcision involves minimal pain, minimal bleeding, no stitching, and minimal time away from work. Our doctors have travelled to China to train in this technique and are the first Canadian doctors to offer this in North America. The Shang Ring stays on the penis for 7 days before it is removed.

# Learn More About Circumcision Revision

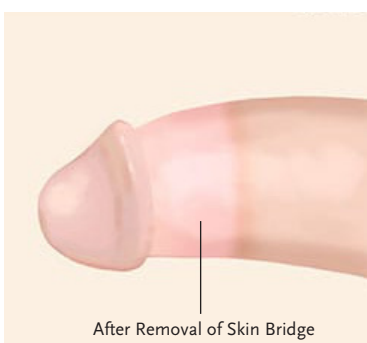
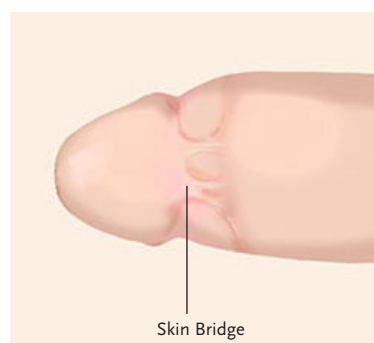
## What Is Circumcision Revision?

Circumcision revision is an uncommon but sometimes necessary procedure. It refers to a second surgical procedure performed due to unsatisfactory results with the original circumcision. Our doctors often get requests to provide a second opinion for a patient who had a circumcision as an infant child or adult and who is unhappy with his cosmetic result.

## Why Is a Circumcision Revision Needed?

A circumcision revision might be necessary for several reasons. The most common reason is when a “penile skin bridge” develops. This is when the shaft of the penis becomes attached to the penis head through a band or bands of tissue (see figure below). A patient may determine that his skin bridge is a problem for cosmetic reasons or because the band of tissue that developed causes irritation or discomfort when it pulls on the head of the penis – especially during sexual activity.

These patients are happy to find out that skin bridges, as well as other sub optimal cosmetic results including excess foreskin present after circumcision, can often be fixed. Physicians do not recommend waiting if a circumcision revision is needed. The problem will not resolve itself and may become worse.





A collage of three photographs showing happy couples. On the left, an older couple is laughing together. In the center, a middle-aged couple is embracing. On the right, a younger couple is smiling at each other. The entire image has a light blue overlay.

# Learn More About ED Treatment

Erectile dysfunction (ED) is a relatively common medical condition that affects about half of Canadian men between the ages of 40 and 70. Though all men may experience an occasional lapse of sexual function, ED is the persistent inability to achieve an erection, despite being sexually aroused. Erectile dysfunction is a potentially treatable medical condition that is not related to masculinity or sexual prowess.

At Pollock Clinics, we are dedicated to providing our patients with the latest solutions to erectile dysfunction.

## Latest and Effective Treatment Options for Erectile Dysfunction

At Pollock Clinics we offer both physiological and psychological treatments for erectile dysfunction. Our options include :

### ***Erectile Dysfunction Shockwave Therapy (EDSWT)***

EDSWT uses low-intensity acoustic sound waves and is a non-invasive treatment that requires no drugs and offers long-term benefits. Shockwave therapy treats the underlying vascular cause of erectile dysfunction by improving the quantity and quality of blood vessels and blood flow to the penis, addressing the actual problem that is causing ED and not just the symptoms.

### ***PRP Therapy – Platelet Rich Plasma Injections***

Platelet Rich Plasma Injections, also known as PRP Shots, work by enhancing blood vessel regeneration and increasing the amount of blood flow to the penis. The treatment uses the patient's own blood, and platelet rich plasma is separated and injected into the penis.

### ***Sex Therapy***

Sexual issues are multi-dimensional, arising out of biological, psychological, behavioral and social factors. Counselling can enhance the efficacy of medical interventions.

Sex therapy is often helpful in the treatment of erectile dysfunction, even when physical factors are the principal cause. Sexual difficulties, no matter what the cause, can strain your relationship. Sex therapy, with our experienced, certified sex therapist, can help a couple overcome these feelings and re-establish intimacy.



# Learn More About Vasectomy Reversal

## What is a Vasectomy Reversal?

A vasectomy is when the tubes that transport sperm from the testicles are cut and blocked. During a vasectomy reversal, these tubes are reconnected. This is performed using a high-powered microscope to allow the microsurgeon to precisely sew the two ends back together while keeping the hollow part of the tube open.

## About the Procedure

For a typical vasectomy reversal where the two ends of the tubes are to be reconnected, our doctor uses the multi-layer microdot technique. This technique has a high reported success rate in the medical literature. This technique can be used in the majority of men undergoing vasectomy reversal. Success rates are over 90% for this technique.

If our doctor determines that a secondary blockage is present in the epididymal tubes, we will perform an intricate procedure connecting the vas deferens tube to one of the smaller epididymal tubes.

Our doctor uses the LIVE technique in the case of a secondary blockage, which for this situation has a relatively high success rate in the medical literature. This technique is successful in up to 50% of cases where a conventional reversal would fail.

## How Long After the Procedure Can We Begin Trying to Get Pregnant?

Men may begin to have intercourse and ejaculate starting 4 weeks after the procedure. Sperm has been shown to appear in the ejaculate typically within 1-3 months of regular vasectomy reversals, and 4 months if the more intricate LIVE technique is required.



# Learn More About Circumcision For All Ages

## What Is Circumcision?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. Since the foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce risk of disease over the lifetime of the boy and his future sexual partners.

## Benefits of Infant Circumcision

In 2012, the American Academy of Pediatrics issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society acknowledges the potential benefits of circumcision but stops short of recommending routine circumcision for newborns.

Circumcision for your son is a personal decision that you must make with your partner after weighing the benefits and risks, and often involves religious or cultural preferences as well.

## What Is the Ideal Age for Circumcision?

The ideal age for infant circumcision is within the first two weeks of life, and at our clinic, we provide circumcision for males of all ages including babies, older children, adolescents, and adults.

## Pollock Technique™ Circumcision

The Pollock Technique™ used by Pollock Clinics is based on the Mogen technique. This technique is known for its quickness and safety, and our circumcision doctors use extensive pain control methods. This ensures that your son will feel little or no pain at all.



The objective of the Pollock Technique™ is to minimize stress on the infant and family via maximum pain control and a quick and simple procedure.

## Do I Need a Physician Referral in Order to Book an Appointment?

No. If you are booking for your son, it is a parental decision, and we only require consent from both parents to proceed. You can book online directly or give us a call with your questions.



# Learn More About Non-Surgical Penile Enlargement With Dermal Fillers and PRP Options

At Pollock Clinics, we have put together an innovative approach that enables men to enlarge their penis through a non-invasive “lunch time” procedure, with results that can be seen immediately. No surgery is necessary, and downtime is minimal.

In addition to penis enlargement, our unique combination of protocols allows us to rejuvenate or enhance the cosmetic appearance of the entire genitalia, including the glans and the scrotum.

## Penis Enlargement Treatment Using Biodegradable Dermal Penis Fillers

Dermal penis filler injections using products such as hyaluronic acid, calcium hydroxylapatite, or both increase the thickness (girth) of both the erect and flaccid penis. What men like about it is that results can be seen immediately.

Studies show that penile girth is the most fulfilling factor for penetrative sex in heterosexual partners due to the location of pressure-sensitive nerve endings at the vaginal opening and engorged tissues, and from a larger girth penis bringing the clitoris closer to the vagina.

Being naturally produced by the body, side effects of the substance are rare, and the procedure is reversible by dissolving the filler if ever this is desired.

We use only authentic, high-quality product which is firmer (more natural feeling) and longer lasting. Our proprietary filler formulation and protocol provides a very natural result.

## Glans Penis Enlargement and A Premature Ejaculation Treatment Option

Close to 30% of men suffer from premature ejaculation.

Some clinical evidence suggests that injecting dermal fillers into the glans of the penis can also help with sensitivity, control and longer sex.

The idea is that hyaluronic acid provides a natural barrier between the glans and external stimuli which can reduce hypersensitivity and hence the duration of intercourse.



In our practice, we have found optimal benefits when dermal filler is used in combination with our Botox treatment.

## Platelet Rich Plasma (PRP) for Penile Enlargement and Stronger Erections

Platelet rich plasma (PRP) treatment can improve overall sexual performance in men and promotes regeneration of penile nerves and blood vessels by releasing growth factors such as insulin growth factor (IGF) and vascular endothelial growth factor (VEGF).

This can result in increasing the strength of erections and has the potential to increase the length, especially when treated in combination with penis pumping. Think of penis pumping as a penis work out – by stretching out the tissues in the penis you are adding capacity for the penis to increase its filling capacity.

While it may work on its own, it works even better when performed with growth factors that promote healing and repair from the growth factors found in PRP.

Because we perform PRP procedures daily, we are constantly validating the quality of our PRP, having invested in the best equipment available and having researched the most optimal protocols to ensure the most appropriate number of platelets is being delivered to maximize your results.

## Combination of Dermal Fillers and PRP

While some patients choose to have either PRP only, or dermal penis filler only, some men choose to have both to maximize regenerative therapy in combination with dermal penis filler placement into the penis.

This provides treatment from both the “inside out” and from the “outside in” and offers the maximum strategy for penis enhancement and rejuvenation.

One of the advantages of PRP and penis pumping is that there is a potential for some mild length gains although the results are very individual and never guaranteed.

With dermal penis filler, the weight of the filler can also create a scaffolding effect to further enhance the length, predominantly for “shrinkers” (men who have retraction of their penis when flaccid).

In addition to potential penis augmentation, men who have PRP often report stronger erections and greater sensitivity and feel they have “rejuvenated” their penis.

Typically, we will only proceed with filler treatment after 6 weeks of penis pumping and PRP, as pumping is not recommended once filler has been placed in the penis.



# Learn More About Testosterone Deficiency

## What Is Testosterone Deficiency (Hypogonadism)?

Testosterone deficiency, also known as hypogonadism or low testosterone, is a medical condition characterized by inadequate levels of testosterone in the body.

Testosterone is the primary male sex hormone responsible for the development and maintenance of male characteristics, such as sex drive, muscle mass, and bone density.

Low testosterone causes different symptoms at different ages. Testosterone levels in adults men naturally decline as they age.

Other conditions or circumstances, such as infection, trauma, chemotherapy, genetics, chronic illnesses, diabetes, obesity, obstructive sleep apnea, and HIV have also been linked to low testosterone.

## Signs and Symptoms Of Low Testosterone

Signs and symptoms associated with testosterone deficiency include:

### ***Sexual Signs and Symptoms***

- Decreased Sex Drive\*
- Erectile Dysfunction\*
- Reduced Morning Erections
- Delayed Ejaculation
- Reduced Ejaculate Volume
- Decreased Intensity of Orgasm
- Infertility/Subfertility
- Hot Flashes

### ***Physical Signs and Symptoms***

- Decreased Muscle Mass
- Decreased Muscle Strength
- Decreased Physical Performance
- Increased Body Fat
- Loss of Body Hair
- Testicular Atrophy
- Unexplained Anemia
- Osteopenia or Osteoporosis
- Gynaecomastia

### ***Behavioral Signs And Symptoms***

- Fatigue
- Mood Swings/Irritability
- Depression
- Insomnia
- Poor Concentration
- Poor Memory

\* The most predictive symptoms of low testosterone



## The T-Optimizer™ Program at Pollock Clinics

The Pollock T-Optimizer™ program is an evidenced-based, patient centered program designed to deliver testosterone replacement therapy to men in a safe and effective way.

Testosterone replacement therapy with the T-Optimizer™ program can improve many of the sexual, physical and psychological symptoms of low testosterone.

Our scientifically validated micro-dosing strategy means you can get the testosterone you need, minimizing the side effects you worry about.

We take a symptom-focused approach to ensure that each man receives the best possible treatment plan for his unique needs. This approach is based on the latest research and aims to help men improve their drive from the boardroom to the bedroom.

T-Optimizer™ draws on the updated Canadian Urological Association Guideline 2021 and clinical experience from around the world, combining different treatment methods and strategies into what we believe is a gold standard approach.

## PRP Therapy for Thinning Hair

Platelet Rich Plasma (PRP) injections are a non-surgical method of hair loss treatment and hair restoration for women and men. PRP therapy harnesses the rejuvenating power of concentrated platelets from your own blood to stimulate hair regrowth.

Our focus on PRP hair restoration in a clinic setting helps us to provide a safe and comfortable solution for women and men experiencing hair loss.

PRP hair treatment benefits include:

- Hair regrowth
- Improved hair texture and thickness
- Increase in hair volume
- Healthier looking hair

## Reasons for Hair Loss

Most women and men will experience hair loss at some point in their lives. Many women are concerned about thinning hair or loss of hair on specific areas of their scalp, and male pattern baldness can occur even in younger men.

There are many reasons for hair loss, including:

- Age and hereditary factors
- Male pattern baldness (affecting most men)
- Hormonal imbalance (caused by pregnancy, menopause, and certain drugs)
- Hair damage caused by external factors (dyes, chemicals, styling tools)
- Certain illnesses (including thyroid problems or anemia)
- Emotional factors (such as stress and anxiety)
- Scalp infections
- Some medications (including blood thinners)

## What is PRP Hair Loss Treatment?

PRP Therapy is an innovative hair restoration treatment that works by injecting concentrated platelets from the patient's own blood into areas of the scalp. Platelet Rich Plasma injections nourish, stimulate and revive active and dormant hair follicles. The procedure is meant to:

- Recruit new hairs to grow
- Invigorate and revitalize existing hair

The therapy is non-surgical, with little to no side effects or risk of allergic reaction.

## Benefits of PRP for Thinning Hair

Platelet Rich Plasma (PRP) stimulates cell growth in the injected area. PRP aids the hair growth process, without the use of chemicals or foreign substances.

PRP does not cause allergic reactions or infections, because the injected platelet rich plasma comes from the patient's own body.

PRP hair treatment benefits include:

- Hair regrowth
- Improved hair texture and thickness
- Increase in hair volume
- Healthier looking hair

The treatment has proven to be most effective for patients who are at the initial and middle stages of hair loss, versus those who are completely bald. Therefore, if you are noticing an overall loss of volume in your hair, are starting to develop a receding hairline, or have noticed bald spots on your scalp, contact us today.

# Pollock<sup>CLINICS</sup>

No-Scalpel No-Needle Vasectomy  
Circumcision For All Ages  
Penile Frenulectomy  
Erectile Dysfunction  
Peyronie's Disease  
Premature Ejaculation  
Testosterone Assessment  
Penile Enlargement  
Hair Restoration For Women & Men

*Thank you for your  
interest in Pollock Clinics  
No-Scalpel No-Needle  
Vasectomy.*

**[www.pollockclinics.com](http://www.pollockclinics.com)**

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