

✓ LASTS FOR LIFE 👁️ HIDDEN 💡 NON-HORMONAL

TUBAL LIGATION, VASECTOMY



HOW DO I USE IT?

Tubal Ligation and Vasectomy are surgical procedures that prevent pregnancy for life. Tubal Ligation blocks the fallopian tubes, preventing contact between the egg and sperm. Vasectomy blocks the release of sperm.



HOW EFFECTIVE IS IT?

Tubal Ligations and Vasectomies are more than 99% effective at preventing pregnancy. Vasectomies can sometimes be reversed but, generally these methods are permanent.



WHAT I MIGHT LIKE...

- + These surgeries are typically outpatient procedures. You can usually go home the same day.
- + Serious complications are rare
- + These methods are hormone-free



WHAT I MIGHT DISLIKE...

- You might get complications from surgery, like bleeding, infection, or a reaction to anesthesia
- These methods generally can't be reversed if you decide you want to get pregnant later
- You won't be protected from STIs



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