



Vasectomy Reversal Center of Chicago

Phone: (800) 92-VASMD

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Post-Op Instructions

ACTIVITY:

Your physical activity is to be restricted immediately following your vasectomy reversal. This is particularly true during the first five days after surgery. During that time you should remain relatively inactive and avoid lifting any heavy objects (anything greater than ten pounds). You should remain in bed or sit in chair for the first 24-48 hours and applying an ice pack wrapped with a terry cloth towel directly to the scrotum. This ice pack should be applied off and on for approximately forty-eight hours. You should limit stair climbing and avoid driving and limit any car rides. It is advised that you do not engage in sexual intercourse, and do not ejaculate for at least three weeks following surgery. The vas deferens must be kept "at rest".

If your job is sedentary you may resume work 5-7 days after surgery. If your job involves walking or lifting weights you may request restricted activity for 2-3 weeks. As a general guide, follow the saying "if it hurts, don't do it".

DIET:

You may return to your normal diet immediately. I would suggest you eat fresh fruits and vegetables, i.e. roughage, to avoid constipation.

WOUND CARE: What to Expect and what to do.

As mentioned above, an ice pack should be applied to the scrotum off and on for the first forty-eight hours following surgery. You will go home with a jock strap, as well as gauze fluffs protecting the scrotum and incision sites. This gauze should be changed on a daily basis for at least three or four days. Please wear the jock strap for 7-10 days or longer till you are pain free. It will give you additional support and protection. Mild bleeding from wound and separation of edges is expected. If a stitch becomes loose, please do not pull it. Instead cut it at the surface of skin with a clean scissors. Please note that mild swelling, bruising and discoloration of skin (scrotum/penis) are expected and will generally resolve spontaneously in 10-14 days. You may also (sometimes) feel a small "quarter size" lump inside the scrotum underneath the incision that may take a few weeks to resolve. You are advised not to have shower for 48 hours following surgery and no tub baths till the stitches are absorbed. After quick showers, dry the area and apply over the counter antibiotic ointments (e.g., Neosporin)

MEDICATIONS:

You will be discharged with a narcotic analgesic. If the pain is not too bad you are encouraged to simply take Tylenol (acetaminophen) or Advil (ibuprofen). You will also be discharged with a 5- 10 days supply of antibiotics which you should take according to the directions on the bottle.

PROBLEMS YOU SHOULD REPORT TO US:

- A: Fevers over 100.5 degrees Fahrenheit.
- B: Excessive swelling of the scrotum and/or bleeding.
- C: Drug reactions (hives, skin rash, nausea or vomiting).

FOLLOW-UP:

You may not need a follow-up appointment unless there are any complications or concerns. I would appreciate you calling our office within 24-48 hours on your progress. One of our nurses may do the same.

SEMEN ANALYSIS:

Since it takes nearly seventy days for new sperm to develop, we usually do not perform the first post-operative semen analysis (sperm count) until ten to twelve weeks following surgery. You will be given an order for the lab test to have semen analysis which you can arrange at a local hospital. Please call the hospital before scheduling the semen test to make sure that a cytologist is available to examine the specimen which should be done within one hour of specimen production. Please abstain from ejaculation for three days before the test. Please advise the lab to fax results to our office. Dr. Agha will call you a few days after the receipt of the test results to discuss the report.