

Your recovery from a microsurgical vasectomy reversal

Please review the instructions below to assist in your recovery from your vasectomy reversal surgery:

- **Wear the scrotal support or jockstrap continuously (even at night while sleeping) for at least two weeks** following the procedure. It may only be removed briefly when showering.
- If you experience discomfort or pain you can place an ice pack (a bag of frozen peas works well) wrapped in a cloth or small towel over the scrotum on top of the gauze dressing and scrotal support - change every few hours until bedtime the day of the procedure.
- Keep the gauze dressing in place for 48 hours.
- It is not unusual to have a small amount of blood stain on the gauze dressing. Sometimes the incision may separate slightly before healing. There may be some swelling and firmness at the site of the incisions.
- The incisions were closed with **absorbable sutures**. These sutures dissolve on their own and do not need to be removed
- Take the **antibiotic** as prescribed to help prevent infection.
- You may take the simple over the counter **painkillers** for discomfort. Do not take any aspirin products for two weeks following the procedure.
- Some swelling and discoloration of the scrotum is normal and can take a few weeks to resolve.
- You **may shower two days after the surgery**; - keep the dressings dry until then. Remove the scrotal support or jockstrap before showering and replace the support (with clean gauze if necessary) following the shower. After showering, pat your scrotum dry - do not rub. **Do not take a bath or go swimming for two weeks.**
- **Relax and rest for one to two days following your procedure.** Avoid excessive walking, sitting for prolonged periods of time, and unnecessary exertion. You will recover quicker and easier if you take it easy for a couple of days immediately post-op.
- **Avoid exercise (no running, heavy lifting, straining, etc.) for two to three weeks.** Avoid straddle activities like cycling, horseback riding for at least one month. Initially it is recommended to wear snug fitting underwear or a jockstrap when engaging in any sportive activity after three weeks.
- If your job involves only deskwork and very light activity, you may return 3-4 days after surgery. It is likely that you will have some discomfort for the first 2 to 3 weeks.
- **Abstain from intercourse and ejaculation for two to three weeks.** Then, you can begin having frequent, regular ejaculation. This will help keep the reversal sites open and sperm traveling through the vas deferens into the ejaculate.
- If you experience any problems or have questions after your surgery, please feel free to call the hospital on 01978 291306 (SPIRE Yale) or 01244 680444 (Nuffield Grosvenor)