What to expect after your Vasovasostomy Surgery

Vasovasostomy, or vas reversal, refers to the repair or reversal of a previous vasectomy. The vas deferens is the tube that transports sperm from the testis to the urethra. Some men have elected to have the tube tied and cut as a form of sterilization. Your operation Vasovasostomy was performed in an attempt to restore the flow of sperm from the testicles. It is important that you follow these instructions to maximize your chances for fertility. The scrotum will be tender and swelling is expected for one to two weeks after surgery. This soreness will gradually improve over time. If the scrotum or incision site becomes red, pus begins to drain or pain becomes progressively worse rather than better please call your physician. Expect some spotting of blood from the incision site for up to one week after the surgery; if bleeding becomes progressively worse over the next week please call your physician.

ACTIVITY:
Your physical activity is to be restricted immediately following your surgery. This is particularly true during the first 5 days after surgery. Bed rest with scrotal elevation (scrotum at level of the heart) most of the time for the next two days. Avoid lifting heavy objects (anything greater than 10 pounds) for 4 weeks. You should limit stair climbing, car rides and no driving at this time. It is extremely important that you do not engage in sexual intercourse, and do not ejaculate for at least 4 weeks following surgery. The tubes must heal before sperm can travel through the area of surgery. A leak can occur and the operation may fail if this recommendation is not followed. You should be able to resume exercise and full unrestricted activity in approximately 2 weeks following the surgery. If discomfort returns then reduce activity, take it easy, and gradually resume activities.

DIET:
You may return to your normal diet immediately, however it is not uncommon to experience some nausea after general anesthesia so starting with a bland diet is recommended. Avoid spicy and greasy foods for the first 24 hours. Fresh fruits and vegetables can help to prevent constipation.

WOUND CARE:
Keep incisions clean and dry for the first 48 hours. You may shower starting 48 hours after the surgery, but avoid scrubbing the scrotum vigorously and do not take tub baths until told to do so. An ice pack should be applied to the scrotum off and on for the first 48 hours following surgery. This should be done every hour while awake for 20 minutes. Never place an ice pack directly on your skin. You will go home with jock strap, as well as gauze fluffs protecting the scrotum and incision sites. The gauze should be changed on a daily basis for at least 3 to 4 days. You should wear the jock strap or tight underwear for 7 to 10 days since it will give you additional support and protection.

MEDICATIONS:
You may be discharged with a narcotic analgesic. If the pain is not too uncomfortable, then it is advisable to simply take Tylenol (acetaminophen). Avoid all aspirin and NSAID based products (i.e. Motrin, Ibuprofen) until approved by your doctor. These may cause increased bleeding during the recovery period. You may also be discharged with a five day supply of antibiotics, which you should take as instructed.

Follow-Up:
A follow-up appointment will be provided to you prior to being discharged. This appointment is to check your incision for proper healing. You must get a semen analysis (sperm count) eight weeks after the
surgery. It can take up to one year for the sperm to be seen in the semen. If you have an initial positive sperm count you should plan to have it repeated one year later. The repairs can re-stricture (close) in the future.

**PROBLEMS YOU SHOULD REPORT TO US:**
- A fever over 100.5 degrees Fahrenheit
- Excessive swelling of the scrotum and/or bleeding.
- Drug reactions (hives, skin rash, nausea, or vomiting)