

## After Surgery Instructions - Vasectomy Reversal.

**Dr Gabrielle Dezarnaulds**

You will have discomfort after your surgery. You will be given a prescription for pain relief to take as you need it. Do not take aspirin, nurofen or other NSAID medications for at least 10 days post operatively.

Swelling and bruising of the penis and scrotum are normal. This takes about three weeks to completely recover. An ice pack will help decrease pain and swelling.

You should wear supportive underwear for the first month after surgery including at night. You can place a pad inside your underwear to push up on and support your scrotum. This reduces stress on the 'join' or reanastomosis site and on the wound.

It is important that you rest for the first week after surgery - I recommend a week off work. Presuming you are feeling well you can return to normal, non strenuous activities at a week after surgery but must avoid exercise, heavy lifting or straining for a month after surgery.

If you are not feeling up to more activity at a week - take your time and listen to your body. About 10% of men need longer off work and if your job involves lifting, exercise or sudden movement you will need longer off work or to be allocated light duties. You will routinely be given a certificate for a week off, if you need more time or a note about light duties please call my office.

Wound care: The main advice is leave the surgical wounds alone; do not touch or explore them but let your wounds heal quietly. There are no external stitches but dissolvable sutures placed under the skin with surgical glue over the wound. Do not 'pick' the glue off. It will fall off in good time.

You can gently wash the day after surgery, ensure your skin is dry before dressing, particularly for the first few days a pad between underwear and scrotum is a good idea. Some wound ooze is common.

Do not ejaculate for four weeks after the surgery. This is to give the 'join' or reanastomosis site time to heal before being stressed.

You will have been sent a form for a semen analysis 3 months after surgery. Please call my rooms after you have done the test for the result. If you need another form please call my rooms.

If you have any concerns after your surgery please call my rooms. 02 9557 1988.