



Your Vasectomy Reversal Clinic, UK

## **Post-Op Vasectomy Reversal Information**

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Now that you have had your vasectomy reversal performed, I should be grateful if you could study these post-operation instructions which will help you get back to normal as quickly as possible.

### **Pain Relief**

The vast majority of our patients do not experience any pain immediately after the procedure. When you go home, you may experience some minor aching in the testicular area. I suggest simple analgesia especially a combination of Paracetamol, maximum 1g four times a day (maximum 4g a day) and Ibuprofen (Nurofen), maximum 400mg three times a day. Please avoid aspirin as this increases bruising.

If these drugs do not improve the pain, there may be an infection developing and you should get yourself checked out by your doctor.

### **Bruising & Swelling**

A vasectomy reversal may result in significant bruising and swelling of the scrotum. Do not be alarmed. This is due to the extent of dissection and may take up to 48 hours to develop. Please use your scrotal support or tight underwear for the first week post-op

and spend as little time on your feet as possible whilst the swelling is at its worse. Most of the bruising and swelling should be disappearing at the end of the first week.

## **Infection**

There is a small risk of infection in the scrotal wound. Please keep the area clean with simple soap and water twice a day. It is important to be meticulous about hygiene for 2 weeks after the surgery.

Signs of infection include increasing pain, discharge of fluid from the wound and the stitches giving way so that the wound opens to release underlying infection. The commonest time for infection is 7 to 10 days following surgery. Please do not be alarmed as the presence of infection does not affect the vasectomy reversal procedure and is easily treated with antibiotics such as Augmentin (unless you have a penicillin allergy when I would suggest erythromycin). Your doctor will be able to prescribe this antibiotic.

## **Resuming Normal Activities**

There should be absolutely no physical contact with the scrotum for 2 weeks e.g. cycling, football etc. It is important to rest as much as possible for the first week whilst the bruising and swelling is resolving. You can resume sexual activity after 2 weeks.

**IT IS VERY IMPORTANT TO MAINTAIN A HIGH LEVEL OF SEXUAL ACTIVITY UNTIL YOUR SPERM TEST TO INCREASE THE CHANCES OF A POSITIVE RESULT.**

## **Diet**

You may wish to consider our Pro-Sperm diet at the following web-page

[http://www.YourVasectomyReversal.co.uk/pro\\_sperm\\_diet.html](http://www.YourVasectomyReversal.co.uk/pro_sperm_diet.html)