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VASECTOMY REVERSAL/VASOEPIDIDYMOSTOMY POST-OP INSTRUCTIONS

ACTIVITY:

- Rest for the balance of the day and evening. Increase activity as tolerated. Avoid all vigorous activity and do not lift, push or pull anything >15 pounds for 7-10 days. No bicycle or motorcycle use for at least two weeks.
- Shower as directed by your doctor. No tub baths or swimming until incision completely healed and stitches dissolved (usually within 2 weeks).
- No ejaculation for 3 weeks.

WHAT TO EXPECT:

- Some scrotal swelling is normal. Your surgeon may have ordered an athletic supporter. It should be worn day and night for about 2 weeks, although you may wish to wear it outside your underwear after the first couple of days. If it is uncomfortable to wear you may not use it.
- You should apply ice packs to the scrotum, (20 minutes every hour) for 24-48 hours.
- A small amount of bloody drainage on your dressing is normal.
- You may remove the loose gauze dressing from within the scrotal support after 24 hours.
- You may have skin glue on your incisions. It will appear blue/purple.
- Bruising around the scrotum and penis is normal. This may last 3-4 days.
- Some swelling of the incision is normal.

PAIN RELIEF:

- Take pain medication as directed by your surgeon.

PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE pain not relieved by pain medication.
- Temperature over 101 degrees. Take temperature daily for 5-7 days.
- Heavy bleeding that soaks through your dressing.
- Redness, extreme swelling and/or pus at the incision site.

FOLLOW-UP:

- Follow-up in Urology Clinic with Dr Shridharani in **3 months**. Feel free to come in earlier if you have any concerns.
- Follow up for semen analysis in
 6 weeks 12 weeks

If you have had general anesthesia, it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. If you smoke or have a history of lung problems, take 3 deep breaths and cough every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess. This is even more important if you have a history of blood clots.

Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number above. You will be able to reach the on-call physician after clinic hours.