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Discharge Instructions for Vasectomy Reversal Possible Sperm Extraction

Procedure:

You had a vasectomy reversal. You have two incisions in your scrotum closed with dissolvable suture. This suture will fall out on its own.

What to expect:

Scrotal swelling: You will see swelling in the scrotum and it will turn black and blue. This is normal. Keep the athletic supporter (scrotal support) on for 48 hours. The supporter will help reduce bleeding and swelling. Use ice packs for 30 minutes at a time to help reduce swelling and pain 3-4 times a day for the first 2 weeks.

Diet: You can eat and drink anything you like but be reasonable. Drink plenty of fluids to stay hydrated. No alcohol for 72 hours or while on pain medicine.

Activity: Your scrotum will be sore for up to two weeks. This is normal. No strenuous activity or heavy lifting for 5 days. Ok to shower after 48 hours after dressing removed. Resume sexual activity after 7 days.

Driving: No driving if you have taken a narcotic pain medicine within 3 hours.

Work: You can return to work when you feel better. Take at least one day off of work to recover.

Sex: You can resume sexual activity in 7 days. It is normal to see some blood or blue streaks in the ejaculate and this will resolve after 2 weeks.

Please remove scrotal support 48 hours after surgery

Constipation: This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If you have no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Incision: The stitches will dissolve. Please shower after 48 hours after surgery with you back to the water for the first 7 days after your surgery. Your scrotum will turn black and blue. It may also swell from surgery. Keep your scrotal support on for 72 hours to help reduce swelling. Call us if your scrotum becomes very large and painful.

What to call for:

Fever : Call for a temperature over 101

Nausea/vomiting : Call if you do not feel well and cannot keep anything down.

Inability to urinate : If you cannot urinate after the procedure, please call us immediately.





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Incision: Call if your incision opens up.

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Medications:

Pain medicine: Take pain medicine as needed. This will constipate you so take Colace or Senna to stay regular. Do not drive on narcotic pain medicine such as Norco or Percocet.

Stool softener: Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

NSAIDS: You can take ibuprofen as instructed on the bottle for pain, but please take in moderation.

Please resume all previous medicines as before, including aspirin or Plavix (blood thinners) if you were on them previously per your physician's instructions.

Your first semen analysis will be performed 8 weeks after the reversal in some cases it can take 6 months to see if the procedure worked.

Follow up:

Please follow up on:

Please call our office any time with any questions (404) 400-3120.
Please email us with non-urgent questions email info@atlantacosmeticurology.com

