

Vasectomy Reversal Post Operative Instructions

YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT UPON DISCHARGE AND FOR 24 HOURS AFTER SURGERY

ACTIVITY:

1. Bedrest today for 36 hr. post op then, you may resume light activities.
2. Do not drive a car or operate machinery, power tools or appliances for at least 24 hours.
3. Do not drink alcoholic beverages or make critical decisions for a minimum of 24 hours.
4. No ejaculation for 3 or 4 weeks. It is not unusual to see some blood in the first ejaculations.
5. Deep breathe 5 breaths at least 10 times a day for one week.
6. Perform ankle (press on gas pedal) and knee (bicycling) flexion and extension exercises for five minutes every hour when awake. This will work your calf and thigh muscles to prevent blood clots forming in your legs.

DIET:

1. Clear liquids now and advance slowly to regular diet as tolerated.

MEDICATION:

1. Take your pain medication as prescribed. **Constipation is a side effect of the medication, make sure you drink plenty of water and increase the fiber in your diet to prevent this.**
2. If your pain is severe and not relieved by the prescription given, call your Doctor at 619-286-3520.
3. If prescribed an antibiotic, take as prescribed.
4. Take Prednisone for 2 months post op as prescribed.

BATHING:

1. You may take a shower in 24 hours.

GENERAL INFORMATION

1. Keep ice on the surgical site for about 48 hrs. post op. Never put ice directly on skin.
2. Remove the dressing on Day 2 as directed by your Doctor.
3. If you notice any bright red bleeding or have drainage that is foul smelling, contact your Doctor.
4. If you run a fever of 101 degrees F or higher, contact your Doctor
5. **First Semen Analysis at 8 weeks post op with another one 4 weeks later. Follow up with Dr. Bastuba after second Semen Analysis for discussion and further fertility planning.**
6. Freeze sperm on any post op semen analysis adequate for Intrauterine Insemination. It is wise to have this done since there is a 2-3% chance of scar formation per year for the first 5 years post op. A special discount has been arranged at Fertility Center of California.
7. **Bruising of penis, groin, scrotum and even thighs are routine to experience following any scrotal surgery.**

It is always ok to call Dr. Bastuba on his cell with post op questions @ 619-889-1199. If he is not available for any reason call the office at 619-286-3520 to contact the Doctor on call.

Do not worry about initiating a pregnancy” too early” following a Reversal since only the fresh fully active sperm are healthy enough to initiate a pregnancy. There is no increased risk in trying at any time after it is ok to ejaculate per Dr. Bastuba.