

Post operative instructions - vasectomy reversal

Dr Robert Woolcott

Following your vasectomy reversal recovery is generally rapid with most leaving hospital on the same day and virtually all within hospital within 24 hours surgery.

When you go home from hospital after your vasectomy reversal you should be prepared to rest. Having someone to assist you for the first week is wise particularly if your home has a staircase or is situated on an incline.

You can do normal non-strenuous day-to-day activities within the first week after vasectomy reversal. There is however a wide range of normal recovery time – between 3 days and 3 weeks – and so your expectations of what you think you are able to do should be influenced by what your body is letting you do.

About 10% of men will recover at a rate slower than normally expected; almost everyone will be back to all normal physical activities within one month of surgery.

Post-operative pain

It is normal to have some discomfort at the operation site for up to 6 weeks and touching or pushing on the surgical incision may be uncomfortable for longer. Lying down and rest is likely to markedly reduce any post-operative pain. You may take Paracetamol, two tablets every 4 hours as required (not Aspirin).

Postoperative wound care

You should **leave your surgical wounds alone and not touch or explore the area**. It is better for you to let the site of surgery to quietly heal. There are no external stitches as dissolvable sutures as place under the skin. Gentle washing of the area of the operation is permitted the day after surgery. Padding should be placed within firm fitting underwear for support. Wound problems are uncommon.

Sexual activity

It is very important that you do not have any form of sex for 4 weeks after your vasectomy reversal as this may damage your surgery and lead to a failure of your operation. You can attempt to conceive from 4 weeks onwards.

Physical activity

Excessive movement and strenuous exercise should be avoided for 4 weeks as this may also lead to a failure of your operation. The aim is to avoid the any movement of the testes and so put tension on the microsurgical anastomosis (join). Wearing firm underwear (2 pairs) with padding inside them to push the testes onto the body will be helpful. Common sense is important with the essential rule being: "If it hurts - do not do it".

Going back to work

Most men can return to work within 7 to 10 days of vasectomy reversal. Those who work in sedentary occupations could do so earlier and those with very strenuous jobs should wait longer.

Sperm count

You should have a sperm count 12 weeks after your surgery. If there are no sperm at that time then a further test should be performed 12 weeks later.