

Vasovasostomy or Vaso-epididymostomy: Post-Operative Care

1. **It is likely that you will have some discomfort for the first 2 – 3 weeks after surgery.** At the time of discharge from the hospital, you will have been given a prescription for pain medication. When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.
2. **Swelling and bruising of the penis and scrotum are normal.** This takes about 3 weeks to completely resolve.
3. **Applying ice to the incision for 48 hours post-operatively will help decrease pain and swelling.**
4. **In some patients, rubber drains are left in the scrotum and will be removed the morning after the operation.** An instruction sheet for removal will be given to you at the time of discharge. If you or your spouse are uncomfortable removing the drains, you may return to Dr. Goldstein’s office the next day and the nurse will remove them. Please contact the nurse at 212-746-5472 if you would like an appointment to have the drains removed.
5. A small amount of bright red blood showing through the gauze dressing is to be expected. **Do not be alarmed.** If you feel the amount is excessive, call my office. You may replace bloody bandages with clean ones. If there isn’t any bleeding the wound need not be covered with gauze.
6. Do not make any important judgment decisions or sign any legal documents for 24 hours after anesthesia.
7. A low-grade fever [to 101oF] is common 2 – 3 days post-operatively. This fever can be lessened by coughing, deep breathing and walking. There is no danger that these activities will disrupt your incisions. Taking pain medication one hour before activities and placing a pillow over your lower abdomen when coughing will help decrease discomfort.
8. There are no stitches that need to be removed. The stitching is beneath the skin and dissolves.
9. **You should shower 48 hours after the surgery.** Before showering, remove the scrotal supporter and gauze dressings. Dry yourself well after showering and wear a clear scrotal supporter daily. **DO NOT** remove the steri-strips until 10 days after surgery; you may shower with the steri-strips in place. It is important to keep the surgical area clean. Allow the warm water to run over the incisions in the shower and wash gently with soap. (Do not rub hard or scrub the incision or steri-strips).
10. **You will need to wear the scrotal supporter (jock strap)** **at all times, even while sleeping, for 6 weeks post-operatively.** It may only be removed while showering. After 6 weeks, wear the scrotal supporter when walking, running, engaging in sports or strenuous activity. The purpose of the scrotal supporter is to prevent your testicles from pulling down on the reconnected ducts.
11. To prevent fungus infection (jock itch), dry yourself well after showering and wear a clean scrotal supporter daily. If jock itch should occur, use a combination of Lamisil 1% Cream and Hydrocortisone 1% Cream, which can be purchased over the counter. Mix equal parts of each and apply to the area 3 times daily.
12. Do not take tub baths for at least one week after surgery.
13. **Do not drive for one week after surgery**, but you can ride in a car if someone else is driving.
14. **No heavy work, strenuous exercise or sports are allowed for 3 weeks post-operatively.**
15. If your job involves only desk work and light activity, you may return to work 2 to 3 days after surgery.
16. **No sexual intercourse is allowed for four weeks post-operatively** in order to avoid disturbance of the delicate anastomoses and prevent contractions of the vas deferens (which occur during orgasm) until healing is complete.
17. Thereafter, you may resume normal activities as you feel up to it.
18. Remember that the Codeine in your pain medication can cause constipation. To avoid straining, increase your fiber intake [fruits, vegetables, whole-grains, etc.]. Drinking lots of water can also help. If necessary, you can take two tablespoons of Milk of Magnesia at bedtime. You may also take Colace (stool softener) while you are taking pain medication.
19. **Follow up visit:** If you live in the New York area, we ask that you **call the office ASAP** after surgery to make an appointment for a post-operative semen analysis and examination by Dr. Goldstein in one month.

You should have a semen analysis after the surgery at **1 month, 3 months, 6 months and every 6 months thereafter until your partner becomes pregnant.**

At the time of your 3-month semen analysis, a **blood specimen** will also be obtained for determination of antisperm antibody levels.

In general, it will take between 3 and 12 months for sperm counts to return to normal, although on some occasions it make take up to 2 years.

**If you have any questions, please feel free to call the office.**

**PLEASE INFORM THE OFFICE IMMEDIATELY OF ANY PREGNANCY!**