

Joan and Sanford I. Weill Medical College

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*Urologist-in-Chief*

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## **VASO-VASOSTOMY VASO-EPIDIDYMOSTOMY**

A microsurgical vaso-vasostomy, also known as a vasectomy reversal, is the reconnection of the two severed ends of the vas deferens, the tube that carries sperm from the area near the testes to the ejaculatory region. The procedure is performed under a microscope as the inner portion of the vas deferens is approximately 1/100<sup>th</sup> of an inch in diameter.

A microsurgical vaso-epididymostomy is the connection of the vas to the epididymis, a collection of small tubules through which sperm pass after leaving the testis but before entering the vas deferens. It is a more extensive procedure than a vaso-vasostomy.

### **Pre-operative Preparation:**

- As for any elective procedure, you should be in the best of health.
- Please avoid aspirin and aspirin-like derivatives. Please review attached list of medications to avoid.
- A pre-operative evaluation must be scheduled with our office. This should be within 1 month of surgery.

### **Hospitalization:**

- The procedure will take between 2-5 hours, depending on the type of surgery necessary to restore your fertility. The procedure is typically performed under general anesthesia. Occasionally a regional anesthesia, such as a spinal or epidural is given.
- You will be discharged from the hospital the same day. An adult must accompany you home.
- You should not drive for 1 week; however may travel by train, plane, or be driven in an automobile.

### **Post-operative Instructions:**

- A small amount of blood/drainage is expected. If you feel it is excessive, please call the office.
- When taking pain medication, use caution when walking and climbing stairs as dizziness is not unusual.
- You may remove the gauze, scrotal support, and shower 48 hours following surgery. Cleanse the area, pat dry, and re-apply the scrotal support. This should be worn for 3 weeks post-operatively.
- Following 3 weeks, you may wear snug jockey shorts when participating in any sports or strenuous activity.
- You should not drive for 1 week following surgery. If your job involves light desk work, you may return in 3-4 days.

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-A low grade fever, up to 101 degrees, is not uncommon for the first 2-3 days following surgery. Please remember to cough, deep breathe, and walk.

**Follow-up:**

- Please phone the office and schedule your follow-up appointment and semen analysis.
- The follow-up appointment should be scheduled in 1 month; semen analysis should be scheduled 1, 3, and 6 months following your procedure.
- Generally, it will take 3-12 months for sperm counts to return to normal and may take up to 2 years.

Please feel free to contact the office with any queries.

Sincerely,



Peter N. Schlegel, M.D.  
Professor & Chairman,  
Department of Urology

## MEDICATIONS TO AVOID BEFORE SURGERY

The following drugs contain aspirin or other products, which can cause increased bleeding during surgery and should not be taken for 10 days prior to surgery. If you should need to take something for relief of minor pain, you may take Tylenol.

Advil	Doan's Regular and Extra Strength	Naprelan
Aleve	Dolobid	Naprosyn
Alka Seltzer	Dristan	Naprosyn Pepto Bismal Tablets and Liquid
Alcohol	Duradyne Tablets	Naproxen
Anacin	Easprin	Norgesic forte
Anaprox	Ecotrin	Orudis
Ansaid	Emprin	Oruvail
Arthrotec	Enbrel	Oxaprozin
Aspirin	Equagesic Tablets	Percodan
APC	Etodolac	Persantine
BC Tablets or Powder	Excedrin	Piroxicam
BC Cold Powder	Feldene	Plavix (Warfarin)
Brufen	Florinal	Quagesic
Bufferin	Flurbiprofen Sodium	Relafen
Cama Arthritis Pain	4 Way Cold Tablets	Robaxisal
Reliever	Goody's Headache Powder or Tablets	Rufen
Cataflam	Ibuprofen	Sine Aid
Celebrex	Indomethacin	Soma Compound
Cephalgesics	Indocin	Sulindac
Cilnori	Ketoprofen	Trandate
Cogesprin	Lodine	Trental
Coricidin	Meclomen	Trillsate
Coumadin	Medipren	Vanquish
Darvon	Meloxicam	Vitamin E
Darvon with Aspirin	Midol 200	Voltaren
Daypro	Midol PMS caplets	Wesprin
Diclofenac	Mobic	Zavtrin
Diflunisal	Motrin	Zoprin
Disalcid Tablets or Capsules	Nabumeton	Herbal Supplements

Before stopping any of these medications, be sure to consult the physician who ordered them. Some, such as Coumadin (Warfarin) and Plavix, are ordered to prevent or treat serious conditions such as "deep venous thrombosis", "pulmonary embolisms", and other heart problems. This is not an all inclusive list. If you are unsure if you are taking an aspirin product or an anti-inflammatory, please ask your doctor, nurse or pharmacist.

**NEW YORK-PRESBYTERIAN HOSPITAL**  
New York Weill Cornell Medical Center



49174

**Discharge Instructions**  
**Ambulatory Surgery Center**

IF NO PLATE, PRINT NAME, SEX AND MEDICAL RECORD NO.

FINAL DIAGNOSES: \_\_\_\_\_  
REASON FOR VISIT: Surgery

PROCEDURES PERFORMED: Vasotomy, Vasogram, Bilateral Microsurgical Vaso-Vaasotomy, Vaso-Epididymostomy

CONDITION ON DISCHARGE: \_\_\_\_\_  
DISPOSITION: Home

**FOLLOW-UP CARE**

ACTIVITY  Do **NOT** drive or operate hazardous machinery for 24 hours.  
 Limit your activities for 24 hours. Do **NOT** engage in sports, heavy work, or heavy lifting until your physician gives you permission.  
 When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.  
 May resume normal activities.

DIET Begin with liquids and light food (Jello, soups, etc.). Progress to your normal diet if you are not nauseated.  
**NO ALCOHOLIC BEVERAGES FOR 24 HOURS.**

HYGIENE  Tub Baths  Shower  Sponge Baths


WOUND CARE A small amount of bright red blood is to be expected. Do **NOT** be alarmed, if you feel that the amount is excessive, call your doctor  
**YOUR WOUND SHOULD BE CARED FOR IN THE FOLLOWING MANNER:**  
 Change dressings as necessary.  
 Do **NOT** change your dressings until you are seen by your doctor.  
 Keep dressing dry.  
 Do not make any business/legal/personal decisions for 48 hours.

MEDICATION  PRESCRIPTION SENT HOME WITH PATIENT. USE AS DIRECTED.  
 NO PRESCRIPTION GIVEN

Celebrex 200mg 1 tab twice per day  
Vicodin as needed for pain

SPECIAL INSTRUCTIONS:  
Avoid sports and heavy lifting for 3 weeks; no intercourse for 4 weeks; no driving 1 week.  
Athletic supporter/ice pack for 48 hours; scrotal support for 3 weeks

NOTIFY YOUR PHYSICIAN FOR:  
Excessive bleeding  
Temp above 101 degrees

If you have any questions, Please call DR. \_\_\_\_\_ DOCTOR'S PHONE \_\_\_\_\_  
If he/she is not available, you may call our Adult Emergency Service at (212) 746-5050 or Pediatric Emergency Service at (212) 746-3300 PHYSICIAN'S SIGNATURE  . M.D.  
THESE DISCHARGE INSTRUCTIONS HAVE BEEN EXPLAINED AND A COPY HAS BEEN GIVEN TO THE PATIENT/SIGNIFICANT OTHER.  
NURSE'S SIGNATURE - DATE AND TIME \_\_\_\_\_ PATIENT/SIGNIFICANT OTHER'S SIGNATURE - DATE AND TIME \_\_\_\_\_  
\_\_\_\_\_, R.N.

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PATIENT/SIGNIFICANT OTHER'S SIGNATURE - DATE AND TIME \_\_\_\_\_