

Post-Operative Care Instructions: Microscopic Vasectomy Reversal

What to expect:

- Bruising and swelling may be present on the skin
- Minor bleeding may be present from the wound. You can wear a light pad in your underwear if necessary
- Scrotal discomfort should resolve within 1-2 weeks
- Suture material is dissolvable and may take a few weeks to dissolve.

Return to activity:

- Driving – no driving for 24 hours
- Work - you will require some time off work; the duration will depend on your occupation. Generally, you may return to light duties after 24-48 hours
- Lifting – avoid heavy lifting for a week following your procedure to minimize secondary bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for four weeks following your procedure
- Sex – avoid ejaculation for six weeks following surgery, to allow the join (anastomosis) to heal
- You can shower after 24 hours but avoid soaking in the bath for at least one week. Your wound must remain clean and dry.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

How long before I am fertile?

When a reversal is successful, sperm may appear in the semen within a couple of months, but in some cases it can take longer. The presence of sperm in the ejaculate does not guarantee pregnancy and in successful cases may take one year to achieve

Call our rooms if:

- You have severe bruising or swelling- this may be due to secondary bleeding
- Fevers, chills or shakes (may indicate infection)

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 6-8 weeks after your procedure

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au