

After Vasectomy Reversal (Vasovasostomy)

Urologist: _____


Clinic phone: _____

After Vasectomy Reversal (Vasovasostomy)

What is a vasovasostomy?

- This surgery is done to reverse a vasectomy. During a vasovasostomy, the **vas deferens**, a cord-like structure that carries sperm from the testicle to the urethra, is reconnected.
- Once reconnected, your sperm will be found in your semen. This may take several months.

Controlling discomfort

- After surgery, you will have discomfort for about 7 days (1 week).
- Take acetaminophen (Tylenol®) and ibuprofen (Advil®) regularly for the first 48 hours (2 days) after your surgery, then as needed.
 - › For example, take 1 g of acetaminophen every 6 hours and 400 mg of ibuprofen every 6 hours for 48 hours.
 - › You **do not** need to wake up to take them if you are asleep.
 - › After 48 hours, take them only as needed.

These medications can cause an upset stomach. To help prevent this, take them with food.

- Wearing tight, supportive underwear (like briefs or boxer briefs) can also help with discomfort.
- It may also help to put an ice pack on the area for no more than 10 minutes at a time.
 - › **Do not** put ice directly against your skin. Wrap the icepack in a towel or other material to protect your skin.

Care of your incision (cut)

- You will have tiny stitches over the incision that dissolve (go away) on their own. They will go away within 7 to 10 days. You may see some discharge from the incision as the stitches dissolve.

Hygiene

- You may shower the day after your surgery.
- Pat your incision dry. **Do not** rub.

Activity

For 21 days (3 weeks) after your surgery:

- › **Do not** masturbate or have sex.
- › **Do not** lift anything heavier than 10 pounds.

After 21 days:

- › If you do not have pain, you can slowly start to do light activities.
- › **Do not** exercise, run, or take part in sports.

After 30 days (1 month):

- › If you do not have pain with light activities, you can go back to all of your usual activities.

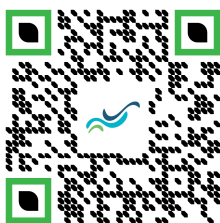
Going back to work

- When you can go back to work will depend on what type of work you do. **Do not** go back to work for 4 weeks if your work involves heavy activity or physical contact.
- Talk about this with your surgeon or primary health care provider (family doctor or nurse practitioner).

Fertility

- We will give you a requisition form for a semen analysis (sperm test) and a specimen cup before you leave the hospital.
- Do this test 3 months after your surgery. Follow the step-by-step instructions for collecting your semen found in pamphlet 2226: *Semen Collection*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/2226

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- Your urologist will call you with the results of your semen analysis.

Remember: It usually takes about 5 months for sperm to return. You will have to do this test again 6 months after your surgery.

- You can start trying to get pregnant after 21 days. You and your partner may start having sex 1 to 2 days after your partner's period ends. Then try and have sex every 2nd day for 14 days, if possible.

Call your primary health care provider or urologist if you have:

- › A lot of bleeding
- › Swelling
- › Redness
- › Severe (very bad) discomfort
- › More pain

If you cannot reach your primary health care provider or your urologist, go to the nearest Emergency Department.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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