



Post-Surgical Instructions - Microsurgical Vasectomy Reversal

Wound care

Dressing

Leave the original waterproof dressing in place for 48 hours.
After 48 hours remove the dressing gently in the shower
If the dressing becomes dirty, wet or waterlogged - remove it early

Stitches

Your stitches may be beneath the skin or visible - they are all dissolvable

Washing

Don't shower the first day after your surgery.
After this, wash as normal in the shower, but be gentle over the wound
Make sure the wound dries completely - pat it with a towel, do not rub it. Use a hair dryer if needed
Avoid baths, pools etc. for a few weeks

Problems

A slight redness and elevation of the wound is normal. Slight bruising of the skin is normal.

Contact us (1800 487 656) if you notice any of the following signs

- Increasing/spreading redness
- Increasing warmth to the touch
- Worsening pain
- Purulent ooze
- Fevers or sweats
- Tense swelling or spreading bruising

Activity

Wear tight underwear to support the scrotum for at least 4 weeks.
The timeline below is just a guide, if things are sore or not progressing quickly - take it slow.
Contact us if you have any concerns.

Take it VERY easy for the first 72 hours after surgery. Take regular paracetamol (Panadol) or ibuprofen (Neurofen) with stronger painkillers if needed. An intermittent ice pack can be used.

72 hours to 2 weeks

- Avoid driving, exercise or straining
- Avoid straining to evacuate bowel, use stool softeners as necessary
- Avoid anything that puts direct pressure on the groin or scrotum (including sex)
- Light walking and return to non physical (desk job) work is ok
- Use pain killers as needed

2-6 Weeks

- Return to driving if comfortable
- Return to moderately physical work (with tight underwear for scrotal support)
- Avoid heavy straining or direct pressure on the groin or scrotum
- Start ejaculating or having unprotected sex between 3-4 weeks depending on comfort

We will arrange to see you in 3 months with a semen analysis to confirm the presence of sperm in the ejaculate. Avoid ejaculation for 3 days prior to doing the sample. Make sure that the sample is delivered to the lab within an hour and kept at body temperature (in a shirt or pants pocket) during transit.