



## **VASOVASOSTOMY (VASECTOMY REVERSAL)**

Your operation was performed in an attempt to restore the flow of sperm from your testicles into your ejaculate. It is important that you follow these instructions to maximize your chances of a successful operation.

1. Remain at bed rest for 48 hours with ice packs to your scrotum. You may get up to eat and use the bathroom
2. Wear a jock strap for one week after the operation
3. You may shower 48 hours after the surgery. No tub baths or swimming for 2 weeks after the operation
4. Do not ejaculate for 3 weeks following the surgery. The tubes must heal before sperm can travel through reattached vas deferens.
5. Your scrotum will be tender, bruised and swollen for approximately 1 to 2 weeks following surgery. This soreness will gradually improve over time.
6. You should be able to resume full activity and exercise approximately 2 weeks after surgery. If discomfort continues, reduce activities and gradually resume after pain subsides.
7. You must perform a semen analysis 8 weeks after surgery. Call Washington Urology to coordinate. Repeat semen analysis is done monthly for the first year or until a conception occurs. It can often take several months before sperm are seen in the ejaculate
8. If the scrotum or incision become red, swollen or pain continues for greater than 3 weeks, please call the Washington Urology office.