

## **POST-OPERATIVE VASOVASOSTOMY/VASOEPIDIDYMOSTOMY** **INSTRUCTIONS**

1) **STAY IN THE BEDROOM/or on COUCH THE FIRST 24 HOURS AFTER SURGERY**

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If you need to go to the bathroom, have someone with you in case you get dizzy while walking/getting up from bed. **NOTE: The surgical center will need the name and relationship of the responsible adult that will be caring for you for at least 24 hours in their medical records. If they do not have the name of a designated person on file, they will cancel the surgery.**

2) You will need 4-5 days of home rest with minimal physical activity. **AVOID HEAVY PHYSICAL ACTIVITY AND EXERCISING FOR 3-4 WEEKS.**

3) NO EJACULATION FOR 25 – 30 DAYS. Also, please abstain from ejaculation for 2-3 days prior to all subsequent visits.

4) An ice pack should be worn over the scrotum for the first 48 hours following surgery in order to keep swelling to a minimum.

5) You should wear a scrotal support/jock strap for 2-3 weeks following surgery.

6) A shower may be taken the day following surgery.

7) Schedule an appointment to see Dr. Werthman 25-30 days after surgery. He will do an exam and get a semen specimen at that time (there is no charge for his time – we do charge for the labwork).

8) It is important to check your sperm count every 3 months until it is normal or pregnancy is achieved.

9) If you have any questions regarding your surgery or aftercare, please call our office.