

## *Post-Operative Instructions and Information for Vasovasostomy, Epididymovasostomy and Scrotal Surgery*

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1. Remove all dressings, except 1 or 2 gauze pads, from inside the athletic supporter 24 hours after the surgery. Continue use of the scrotal support for 2 weeks.
  2. Absorbable stitches are used for closure of the wound and do not need to be removed.
  3. Intermittently apply ice packs to the scrotum for the first 24 hours after surgery.
  4. You may shower starting 36 hours after surgery. Do not rub the incisions or scrotum. Wash the scrotum with warm soapy water and rinse off.
  5. Apply Neosporin Ointment twice daily to incisions and cover with a loose gauze dressing until healed.
  6. Prescriptions have been given to you to prevent infection and alleviate pain; take as directed. Begin taking ibuprofen (Advil®) 48 hours after surgery. You may take 400 mg (two pills) three times a day. Ibuprofen will help with alleviating the pain and minimize inflammation after surgery.
  7. A normal, well-balanced diet can be resumed when you return home. There are no dietary restrictions. Make sure to include lots of fluids.
  8. Do not engage in any strenuous activity for at least 2 weeks. If any activity causes discomfort, do not continue. Do not exercise for 2 weeks.
  9. If you can stay away from work for 1 week, try to do so. This is encouraged but is not mandatory.
  10. Refrain from sexual intercourse for 14 days.
  11. Schedule a follow-up appointment to see Dr. Karpman 2 weeks after surgery. Please call (650)962-4662 for an appointment time. Your first semen analysis will be scheduled for 6-8 weeks after surgery.
  12. You may experience some post-operative discomfort. Complications are rare but can occur. Common discomforts or symptoms may include the following and do not require a doctor's attention:
    - Bruising and slight discoloration of the scrotal skin and base of the penis. This resolves in approximately 1 week.
    - Slight swelling of the scrotum. Try to resist the temptation to feel deep inside where the surgery was performed. If you do, you may feel "notches", which are temporary swellings at the anastomosis site (where the two ends of the vas deferens are joined).
    - A very small amount of thin, clear, pinkish fluid draining from the incision site for a few days after the procedure. The area should be kept clean and dry.
    - A sore throat, headache, nausea, constipation and general "body ache" due to the anesthetic and surgical procedure may be present. These problems should resolve in 1 to 2 days.
- POST-OPERATIVE COMPLICATIONS THAT REQUIRE PROMPT MEDICAL ATTENTION:
- **Wound Infection:** You may develop fever. The wound could become warm, swollen, red and painful, with pus draining from the incision site
  - **Scrotal Hematoma:** Extreme discoloration of the scrotum, throbbing pain and a bulging wound.
13. Contact Dr. Karpman or one of his associates at (650) 962-4662 if any problems develop.