

# EL CAMINO UROLOGY MEDICAL GROUP, INC.

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## SPERM RETRIEVAL PROCEDURES TESE/ Micro-TESE/MESA

### **Explanation of Procedures:**

There are a variety of different procedures available to retrieve sperm for planned IVF/ICSI.

### **Testicular Sperm Extraction (TESE) / Testis Biopsy / Testis Mapping**

Testicular Sperm Extraction (TESE) / Testis Biopsy / Testis Mapping are procedures performed for men who have testis failure. The procedure is performed to see if there are sperm present as well as for pathologic diagnosis to evaluate for malignancy. It is either done as a scheduled procedure or is coordinated with their female partner's egg retrieval. TESE is usually performed in the operating room with sedation, but can be performed in the office with local anesthesia alone. Patients usually cryopreserve sperm during this procedure for future IVF/ICSI. This diagnostic biopsy is usually performed to evaluate for an obstructive etiology.

### **Microepididymal Sperm Aspiration (MESA)**

MESA is a procedure performed for men who have vassal or epididymal obstruction (s/p vasectomy, cystic fibrosis). It is either done as a scheduled procedure or is coordinated with their female partner's egg retrieval. MESA is performed in the operating room with general anesthesia under the operating microscope or the IVF office. Patients usually cryopreserve sperm during this procedure for future IVF/ ICSI.

### **Microdissection TESE**

Microscopic TESE is a procedure performed for men who have testis failure. Microdissection TESE is performed in the operating room with general anesthesia under the operating microscope. Patients cryopreserve sperm during this procedure for future IVF/ICSI. Micro TESE is used in the most severe cases where sperm are not otherwise identified.

## Post-Operative Instructions

Please review the instructions below to assist in your recovery from your scrotal surgery.

- Wear the scrotal support for at least one week following surgery.
- Place a flexible ice pack (or bag of frozen peas) inside scrotal support on top of gauze dressing – change every few hours until bedtime the day of the procedure.
- Keep the gauze dressing on for one day.
- Take it easy for one to two days following your procedure. Avoid excessive walking, sitting for prolonged periods of time, and unnecessary exertion.
- Avoid exercise (running, heavy lifting, straining, etc.) for one to two weeks. Avoid straddle exercises like biking, horseback riding for at least three weeks.
- It is normal to have a small amount of blood stain the gauze dressing. Sometimes the incision may separate slightly before healing. There may be some swelling and firmness at the site of the incisions.
- Take the antibiotic as prescribed to help prevent infection.
- You may take the narcotic medication as prescribed for discomfort or Advil or Motrin 48 hours after surgery as directed. Do not take any aspirin products for two weeks following the procedure.
- You may shower the day after your procedure – pat the scrotum dry and do not rub. Do not take a tub bath or go swimming for two weeks.
- The incisions were closed with absorbable suture. This suture dissolves on its own and does not need to be removed.
- Abstain from intercourse for at least one week or until discomfort resolves, whichever is longer.