

# *Tacoma Urology Center*

## *After Your Vasectomy Reversal*

- It is important to remain at bed rest for the first 48 hours after the procedure. An ice pack should be applied to the scrotal area as much as possible during this time. Avoid direct contact between the ice pack and the skin, however.
- Some swelling of the scrotal area is normal for the first week. Minor bruising of the skin is also common. If the swelling is severe and associated with increased pain or severe bruising, or if there is continued bleeding from the incisions, this should be reported to the doctor.
- You may resume light activities after 48 hours. You should avoid heavy lifting, strenuous exercise, or prolonged standing for 10 days.
- You must avoid sexual activity of any kind for ten days after the surgery. Failure to adhere to this may result in an unsuccessful surgical result.
- Wear a scrotal support or snug Jockey shorts for 10-14 days.
- The skin stitches dissolve on their own, usually in about one week. A small amount of drainage is common, especially after 4-5 days. This will stop when the sutures are gone. If there is redness, swelling, or excessive drainage from the incisions, especially after 3-5 days, this should be reported to the doctor.
- You may shower after 48 hours.
- A sperm count should be performed in 6 to 8 weeks after the surgery. This may be done through our office, or by most independent and hospital labs if you live outside of our area. A request form for this test accompanies this sheet, or may be obtained from our office.

If you have any questions or concerns, please call us at **(253) 272-8822**.