PERIOPERATIVE SERVICES

Post-Operative Instructions

Bilateral Vasovasostomy

**PAIN:**

You may experience some discomfort after your surgery. You will be given a prescription for pain medication. Please take your pain medication as instructed. For mild to moderate discomfort you may wish to take Acetaminophen (Tylenol™) or Ibuprofen (Advil™).

## OPERATIVE SITE:

You will have a scrotal support in place when you return from the operating room. This should be worn for a few days to provide comfort and support. Apply ice for 15 minutes every 2 hours while awake to the operative area for the first 24- 48 hours to minimize pain, swelling and bruising. You will have 2 small incisions on your scrotum with stitches that will dissolve on their own.

## ACTIVITY:

Frequent rest periods will help to prevent swelling and bleeding. You may shower the day after surgery but should avoid hot water. Re-apply dressings and scrotal support/or underwear afterwards. Your surgeon will advise you at your follow-up appointment when you may resume sexual intercourse, a regular exercise program and return to work.

**DIET:**

Resume your regular diet the day after surgery. Increase the amount of fiber in your diet and drink plenty of fluids to avoid constipation. Constipation may be a side effect of your pain pills. Increase the fiber in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**FOLLOW-UP:**

You will be advised about your follow-up appointment on the day of surgery. Contact your surgeon’s office if you have not been informed about a follow-up appointment. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

## ADDITIONAL INFORMATION:

Do not take aspirin ASA ™or any medication containing aspirin until advised by your surgeon as this could cause bleeding.

**Call your doctor or go to your nearest Emergency Department if you have any of the following:**

* Severe pain not managed by medication
* Elevated temperature above (38º C or 100.4 F) or chills lasting more than
24 hours
* Large amount of bleeding bright red blood soaking through, requiring frequent changes
* Foul smelling (yellow-green) pus like discharge from operative site
* Significant swelling and/or redness around the incision

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.