**Post-vasectomy reversal Instructions**

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1. Some soreness and swelling should be expected, especially after the numbing medicine wears off.
2. Do not do any heavy lifting or strenuous activity for 3 weeks. This includes exercise and sexual activity.
3. Use an ice pack on the scrotum on for 20 minutes on and off for 20 minutes for 48 hours after the surgery. This will help minimize swelling.
4. It is OK to take a shower 2 days after the surgery. Avoid submerging yourself in water (bath tubs, swimming pools, hot tubs) until the incision is completely healed, which is typically around 2-3 weeks.
5. Wear tight fitting briefs or boxer-briefs for the first 2 weeks after the procedure.
6. Typically you will be prescribed 2 different medications for discomfort. One is an anti-inflammatory medication (ketorolac or celecoxib) that you should use first. The other is a narcotic pain prescription that you should take second if needed.
7. Your incisions are closed with sutures that will dissolve. There is a clear covering called a tegaderm over the incision. You can take this off 2 days after the surgery. If it falls off before then, that is OK.
8. Depending on the type of procedure, you should contact the office to schedule a semen analysis either 6 weeks or 3 months after surgery.
9. If you have a fever > 101.5 degrees; significant, rapid swelling; uncontrollable pain, redness expanding on the skin from the incisions, pus draining from the incisions, or any other concerns call us at (336) 274-1114.