

# PREPARING FOR YOUR VASECTOMY REVERSAL



## PRE-OPERATIVE

- 1 Remain Nil By Mouth (includes all food and fluids) for 6 hrs prior to the procedure.
- 2 If you are diabetic, please let us know as soon as possible prior to the procedure and discuss this with your Doctor, you will be placed first on the list.
- 3 Take all usual medications with a sip of water.
- 4 Advise us if you are diabetic, have a pacemaker or are on regular cardiac medications. You will need to convey this information to staff when they do a pre-surgery check via phone call. **It is important that this happens.** You may need to also speak to the anaesthetist at a pre-surgery consult.
- 5 Cease any aspirin or aspirin like medications, vitamin supplements, herbal remedies and garlic supplements at least 14 days prior to the procedure, if your GP is supportive of this. Please ensure that you discuss this with your Doctor either during your consultation or by phone.
- 6 The anaesthetist will see you prior to the procedure and you will complete the anaesthetic history as part of your patient portal. If you have any anaesthetic concerns, please contact our team.
- 7 Full shave of groin area (the orange area on the diagram to the left). Use scissors first then use a disposable razor.
- 8 Please arrange a carer to collect you from the hospital post-surgery and stay with you for the first 24 hours.

## POST-OPERATIVE

### DRESSINGS & WASHING:

- You will be provided a post-op pack, which will include dressings as well as a pathology jar and Request For Pathology form
- On your post-op review 1-2 days following your procedure your dressing will be changed, with a waterproof dressing that will remain in place for 3 days.
- Remove this waterproof dressing in the shower, lather your scrotum with a gentle soap and wash the rest of your body starting with your backside so by the time you are finished your hands are decontaminated.
- Dry your scrotum with a clean towel. Then open Betadine wipe provided in your pack and dab the antiseptic over the two tiny access wounds.
- Place the white Primapore dressing horizontally and repeat this daily for 3 days.
- Thereafter, you will not need any dressings unless there is a minor ooze, in which case you can use plain band-aids and mild antiseptic.

### WOUND CARE:

- The skin sutures will dissolve by themselves within about 6-8 weeks after the operation.
- Small amounts of oozing are normal, but **please report** any **excessive** wound discharge or redness. The area can be itchy.
- Some "black and blue" looking skin may occur around the small scars, scrotum and penis, this is not a concern.

### SCROTAL SUPPORT:

- **Avoid trauma** to the scrotal area.
- 2 firm supportive underpants must be worn at all times for at least the next 4 weeks, **including on the day of your surgery.**
  - » As the support can make your scrotum warmer than normal, you may have more seminal emissions and ejaculations. Don't be concerned about this.
- **Normally**, the first few ejaculations you have may contain blood specks or be discoloured.

Call during office hours: **1 800 FOR MEN** (1800 367 636)

**Emergencies Only:** Dr. Chris Lekich directly - 0412 584 231

**IF YOUR DOCTOR CANNOT BE CONTACTED PLEASE CALL OR VISIT YOUR LOCAL HOSPITAL EMERGENCY DEPARTMENT.**



**METROCENTRE**  
VASECTOMY AND VASECTOMY REVERSAL

# POST-OPERATIVE

## CONTRACEPTION:

- **Avoid sexual intercourse** for the **first month** after the procedure. **This is non-negotiable** 😊
- **For the 2nd and 3rd month after the procedure, you may have protected sexual intercourse** (use condoms).
- **At 12 weeks**, you will have a **sperm test**.
- **After the 12 week sperm test, unprotected intercourse may be resumed, once cleared by your Doctor.** Your Doctor will advise if you can start unprotected intercourse earlier.
- If you feel a pea-sized lump next to the vas area, don't worry – it is just the bypassed old vasectomy site.

## PAIN:

- There should only be mild discomfort experienced post operatively.
- Severe pain is unusual and could mean that you are developing some swelling due to a small vessel bleed.
- **If concerned please contact us early on:**  
**Office Hours: 1800 367 636**  
**After Hours: Dr Lekich's Mobile - 0412 584 231**  
**or Dr Laur's Mobile - 0481 452 049**

## HOW LONG DO I NEED TO STAY AFTER THE PROCEDURE?

- After the procedure, if you stay local to the Gold Coast you will be reviewed by your doctor the next day. Alternatively if you live in Brisbane, our clinic nurse can do your post-op review over the next 1-2 days **IF** on the day of the surgery your doctor approves this.
- Domestic / International flights or car travel home should occur from 12pm onwards on the following day after the procedure. In the unlikely event that complications occur, you may be required to remain on the Gold Coast (or the local area) after the procedure.
- **Please do not organise flights to or from home on the same day as the procedure.**

## DRIVING AND WORKING AFTER THE PROCEDURE:

- You cannot drive for 24 hours following your procedure. Your carer will need to drive you to the post-operative appointment the day after surgery.
- You are able to walk out of the day surgery, but rest up for the rest of the day.
- Usually, about 3-4 days off work after the procedure may be needed.
- **During this time:**
  - » **Avoid any trauma to the scrotal area**

- » **No "bouncing activities"** – running, sports or riding bikes for at least four weeks. Walking is fine.

## SPERM PRODUCTION:

- **Increase your daily fluid intake (not alcohol)**
- To assist with sperm production, "MENEVIT" is a male supplement that contains a good combination of vitamins. Supplements should be taken for at least one year.
- "ELEVIT" is a good pregnancy supplement for partners.
- **Stop smoking – this lowers fertility for both you and your partner.**

## SPERM TESTS:

- **Sperm tests MUST BE performed at 3, 6 and 9 months after the procedure.**
- You will be given the pathology request slips for these tests on the day of your procedure.
- These request slips are accepted at most pathology labs everywhere in Australia and in most parts of the world with all results being sent directly to us.
- Contact your local pathology lab prior to collecting the sample as samples need to remain at body temperature with a short time frame between collection and testing. Your pathology centre will organise the timing for you.
- **Your Doctor will contact you with the results. Usually test results take around 7-14 days to arrive from pathology. Please call us if you haven't heard from us in this time.**
- There can be many varied interpretations of these tests, however your Doctor uses his experience to analyse the result. **The presence of sperm antibodies is not tested routinely, as is done in the IVF setting, as rarely would the presence of sperm antibodies prevent a natural pregnancy.**
- **Don't Forget: the 12 week sperm test is only an indication - sperm may come earlier or later than this period.**

## ANY CONCERNS?

- » We want you to obtain the very best advice, as well as the best treatment to enable you to have a successful operation.
- » If you have any queries about your condition or partner's condition after the procedure (even after an extended period of time after the procedure), please call us directly as we have detailed knowledge of the relevant events.

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