



Randall B. Meacham, M.D.
University of Colorado Denver, School of Medicine
Division of Urology / Dept. of Surgery
12631 E. 17th Ave., Mail Stop C319
Aurora, CO 80045
Clinic / Patient Office: 720-848-1800
Academic Office: 303-724-2715

Post-Operative Instructions for Vasovasostomy and Epididymovasostomy

Patient Information

1. Remove all dressings, except 1-2 gauze pads, from inside the athletic supporter 24 hours following surgery; continue use of the scrotal support or snug underwear for 2 weeks. It is common to have a small amount of bleeding at the incision site for a few days following surgery of this type.
2. Absorbable stitches are used to close your incision and do not need to be removed.
3. Apply intermittent ice packs to the scrotum tonight and tomorrow. You may shower after 48 hours, but avoid rigorous scrubbing of the incision site.
4. A prescription has been given to you to alleviate pain; take as directed. Two days postoperatively, Extra-Strength Tylenol or Ibuprofen (Advil, Motrin) should be sufficient to relieve discomfort. These are non-prescription medications.
5. A normal, well-balanced diet can be resumed when you return home; make sure to include lots of fluids.
6. Normal, non-strenuous activity can be resumed after 48 hours or when you feel "up to it". If any activity causes discomfort, do not continue. Activities such as weight lifting and jogging can be resumed 2 weeks following surgery.
7. If you can stay away from work for one week, try to do so. This is encouraged, but is not mandatory.

Post-Operative Instructions for Vasovasostomy and Epididymovasostomy

Patient Information (Continued)

8. Avoid sexual intercourse for 14 days post-operatively.
9. Return for an office visit for an examination of the incision site in approximately 10 to 14 days and again in six weeks for your first post-operative semen analysis. You will be told then when subsequent appointments are needed. Please call the clinic office at 720-848-1800 to schedule an appointment.
10. You may experience some post-operative discomfort. Complications are rare but can occur. Common discomforts or symptoms may include the following and do not require a doctor's attention:
 - Bruising and slight discoloration of the scrotal skin and base of the penis. This usually resolves in approximately one week.
 - Slight swelling of the scrotum. You may feel small, temporary swellings at the anastomosis site (where the two ends of the vas deferens are joined).
 - A very small amount of thin, clear pinkish fluid may drain from the incisions for a few days after the procedure. The area should be kept clean and dry.
 - A sore throat, headache, nausea, constipation, and general "body ache" may be present due to the anesthetic and surgical procedure. The problems should resolve in a couple of days.
11. Post-operative complications that **require prompt medical attention are:**
 - Wound infection: In case of infection you may develop a fever. Additionally, the incision site will often become warm, red, swollen, painful, and may drain puss.
 - Scrotal Hematoma: Extreme discoloration, throbbing pain, and bulging of the scrotum potentially indicates post-operative bleeding and should be reported immediately.
12. In the event of an emergency, Dr. Meacham can be reached by calling the University **Hospital Page Operator at 303-372-0000**. Ask the operator to page Dr. Meacham or the urologist on call.