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CHRISTOPHER G. SCHREPFERMAN, M. D.
POST VASECTOMY REVERSAL INSTRUCTIONS

Activity

- No lifting greater than 10 pounds for 10 days.
- Limit activities to in-house for one week.
- No exercise for two to three weeks.
- Do not drive for one week.
- Do not drink alcoholic beverages for 24 hours.
- No ejaculations for two weeks (strict).
- Elevate scrotum on rolled towel when possible.
- No work for one full week after surgery.

Diet

- Return to your normal diet.

Medicines

- Resume taking your normal medications.
- Pain medication prescriptions given in office—take as directed.

Care of Operative Site

- Place ice on scrotum every one to two hours while awake.
- Only use for five minutes directly on skin.
- You may shower at any time.
- Wear scrotal support at all times for two weeks and indefinitely for physical activity.
- Do not allow the front waistband to slide down or rest on the penis in any way at any time.
- Keep gauze fluffs in supporter for 48 hours. You may change gauze if needed.

Follow up Instructions

- Please call our office for an appointment in three weeks.
- Your first sperm count is done three months after surgery.

Follow all instructions given to you by your physician and nurse. If you have any questions, please call our office or the Post Anesthesia Care Unit at Jewish Hospital.

Telephone Numbers

Dr. Schrepferman (24 hour on call number) 502-584-0651
Post Anesthesia Care Unit at Jewish Hospital 502-560-8431

www.drshp.com