

# THE UROLOGY GROUP

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## **VASOVASOSTOMY POSTOPERATIVE INSTRUCTIONS**

After anesthesia, begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the following day, you may resume the diet you normally follow.

Do not drive a car or operate machinery for 24 hours after anesthesia.

Do not consume alcohol, tranquilizers, sleeping medication, or any non-prescribed medications for 24 hours after anesthesia or if taking a pain medication.

Do not make important decisions or sign any important papers in the next 24 hours after anesthesia.

You should avoid any strenuous activity for four to six weeks. This includes activities such as golf, tennis, cutting the grass, stretching exercises, and so forth. You should avoid lifting anything over 20 pounds for the next six weeks.

You will feel more comfortable if you put ice on the incision for the first four to six hours after surgery.

Wait 24 hours to take a shower.

You can obtain good pain relief if you take 2 Tylenol (regular or extra strength) every 3 hours while awake for the first several days at home. You will also get a prescription for pain pills. You can use these prescription pain pills in addition to the every 3-hour Tylenol. You can take the pain pills as needed according to the directions on the bottle.

Plan to make office follow-up in one to two weeks. Call for an appointment.

It will be normal to have incisional discomfort, some moderate swelling of the incision, or bruising of the skin near the incision that can last up to one week.