



THE BESTLIFE MICROSURGERY CLINIC

www.vasectomyreversals.co.uk

Best Life Clinic

27 Norton Road, Stockton

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Best Life Clinic

Best Life Microsurgery Vasectomy reversal – Discharge sheet & Recovery Guide

Any Specific information on Medication Administered

(our staff will write any specific instructions or precautions)

Recovery Advice

Immediately Post-Operation (first 24 hours)

Do:

- Making movements gently
- As advised, retain the bandage over the scrotum until the next day or two.
- Ensure a ride home.
- Wear two pairs of tight underwear after bandage removal.
- Rest and only move for necessities.
- Follow medication instructions.

Don't:

- Drive until at least the next day.
- Consume alcohol until the next day.
- Bathe or shower until the next day.

First 5 Post-Operative Days

Wound Care:

- Change dressing as needed; leave the wound open once dry.
- Cleanse with soap and water.
- Minor blood or serous discharge is common; gently press the skin if persistent.
- Minor bruising and lumpiness are expected and will subside.

Activity:

- Gradually increase activity: start with light tasks, then driving and walking.
- Wear supportive underwear for 7 days.

Pain Relief:

- Use Paracetamol or Co-Codamol and Brufen 400mgs as needed.

Signs of Concern:

If you see increasing redness, swelling and/or pain or feel feverish or unwell, you must seek medical attention. Do call us first!

5 to 7 Days Post-Operation

- **Work:** Return to sedentary work after 5 days, though a full 7-day rest is preferable.
- **Sex:** Wait 21 days to ensure complete healing.

Extended Recovery (2-12 Weeks)

- Resume normal activities after a week, avoiding strenuous tasks.
- If any discharge or wound is gaping, gently press the skin between the thumb and fingers to expel any collection.
- Stitches will come off by day 10-14, sometimes may persist bit longer
- Lumpiness or hardness in the scrotum is a normal part of recovery and may take time to settle.
- As you increase activity, you might experience discomfort. Manage with simple painkillers as needed.
- Some skin irritation or sensitivity may persist but should not disrupt daily life.

Lifestyle & Dietary Recommendations: To optimize sperm count and quality:

- Avoid high temperatures (e.g., saunas, hot tubs).
- Limit coffee to 1-2 cups daily; avoid smoking and recreational drugs.
- Engage in regular, moderate exercise.
- Consume no more than ten alcohol units weekly.
- Prioritize a diet with fresh fruits, vegetables, and fish.
- Address any sexual concerns promptly.
- Seek emotional or psychological support; consider meditation.
- Store mobile phones away from trouser pockets due to radiation concerns.

Vitamin & Mineral Recommendations

Certain vitamins, acting as natural anti-oxidants, may enhance fertility:

- **Vitamin C:** 500 mg/day
- **Vitamin E:** 200 IUs/day
- **Selenium:** 200 mcgs/day or 1-3 Brazil nuts daily
- **Multivitamin:** Ensure it contains at least 20 mg of zinc and no more than 200 IUs of Vitamin E.
- **Folic Acid:** 800mcg (2 tablets daily)
- **Co-enzyme Q10:** 200mg/day *Note: These are available at major supermarkets and Holland and Barrett.*

Contact Us

For ongoing care and queries, call 01642 450510 or email contact@bestlifeclinic.org.

For sending sensitive images, we'll provide a secure email for the surgeon access only. Don't send it to the usual emails

Feedback

Your feedback is invaluable to us. Please share your experience to help us improve.