

## POST VASECTOMY REVERSAL INSTRUCTIONS.

Rest up the first 48hours then do more as the pain settles.

(Note: no sexual activity until sutures have been removed at the earliest and you are completely pain free.)

Take the pain relief as directed.

Take the antibiotic as prescribed.

Shower after 24 hours post op and remove dressing

We will see you in 7 days for removal of sutures.

Do a post vasectomy reversal sperm test 4 -6 weeks after resuming sexual activity. (call nurses on 09-377 5525 or email nurse@citymed.co.nz to get test results 5 days after doing the test )

### Tips to improve sperm count and function:

- Do not have hot baths or spas
- Wear loose underpants or boxers
- Don't use laptop on your lap.
- Do not smoke
- Lose weight if you are overweight

### Contact numbers:

During surgery hours - Ph 377-5525

After Hours - Ph 6233-331 or

Mobile - Ph 027-4907763

## OTHER PROCEDURES

- Skin Surgery • Vasectomy
- Carpal Tunnel • Ingrown Toenail
- Melanoma • Circumcision
- Varicose Veins • Hernia Repair

## SURGICAL CARPARK

Drive down Mills Lane to the very end of the Quay West Building. The carparks are in the very back corner of the building at street level.

Do NOT take the first left turn into the building, which is the ramp for private parking. Drive past this entrance another few metres and you will see the CityMed Surgical Clinic carparks.

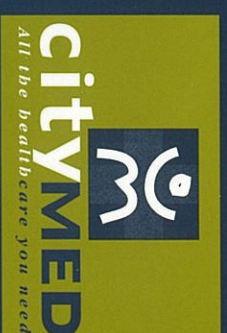
Please advise reception of the make of your car and registration Thank you.



Ground Level Quay West Building  
Cnr Albert St & Mills Lane Auckland City  
PHONE: 09-3775525 FAX: 09-3793793

[www.citymed.co.nz](http://www.citymed.co.nz)

# CityMed Vasectomy Reversal Clinic



**What is a Vasectomy Reversal?**

A vasectomy reversal operation is done to surgically reconnect the vas deferens that has been divided after a vasectomy.

The vasectomy reversal operation can be done in a number of ways. The two options are basic variations of either: (i) loupe assisted reversal or (ii). microscopic reversal. At the CityMed Vasectomy Reversal Clinic we perform the vasectomy reversal using the loupe-assisted modified one layer technique under sedation and local anaesthetic as a day stay procedure. Doing the reversal using this method is the most cost effective way as no anaesthetist is required and the operation is performed in the CityMed day-procedure theatres. Microscopic reversal has to be done under general anaesthetic.

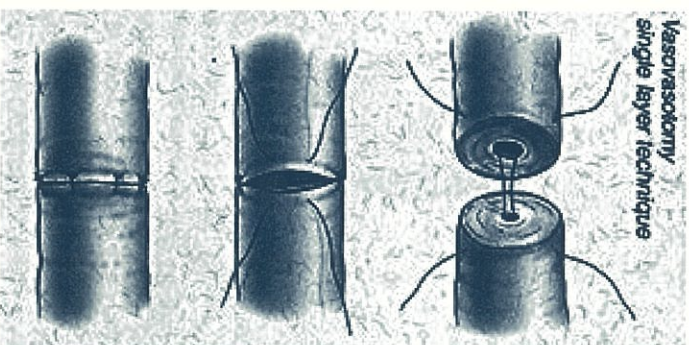
No technique is 100% successful. There are two measures of success: (i) surgical success, that is getting the ends back together with an open lumen (hole) so that sperm can flow again and (ii) successful pregnancy.

Surgical success using the loupe-assisted modified one layer technique results in positive sperm flow is up to 85% of cases. Microscopic reversal has reported success rates of up to 95% of cases.

If the vasectomy operation achieves sperm flow, successful pregnancy, is dependant to some degree on how long ago the vasectomy was done. Under 3 years reported success rates are 90% or more, over 10 years success rates are under 50%. The reason for this is the production of sperm antibodies after a vasectomy. These sperm antibodies can prevent enough live motile sperm being present in the ejaculate after a vasectomy reversal to achieve a successful pregnancy.

Loupe-assisted modified one layer technique under sedation and local anaesthetic

Sedation is given into the arm for relaxation. You will feel drowsy after the operation so please arrange someone to take you home.



Local anaesthetic is then injected into each side of the scrotum to make the skin and vas deferens tubes numb.

The scarred ends of the vas deferens are then extracted out each side of the scrotum. Each end is cut back until a clearly open lumen is seen.

A guide-nylon is then inserted into each end to align the lumen of the tubes, and then the tubes are sutured together with very fine nylon sutures.

The skin is closed with sutures and the guide nylon is secured with a plastic stent. The skin sutures and guide-nylon are removed in 1 week.

It is necessary to confirm your operation the day before your appointment, by phone 3775525 or by fax 3793793. If you fail to confirm, your operation may be cancelled for that day. You need to completely shave the front of the scrotum across to the sides of the groin and up the underside of the penis. Alternatively you can use depilatory cream (please test patch this cream before using as some people may be sensitive to it).

Bring supportive underpants to wear after the operation. You may have a light meal on the day of the operation. Please take the pre-operative antibiotic as prescribed.

Please ensure that you know the location of the clinic and where you can park at the at the back of the building (see map on back). You will need to allow extra time for travel and parking, so that you are not late for the operation as we need to start on time.

Payment needs to be on the day, prior to the operation. If you have any queries regarding any of the above, please don't hesitate to contact us.

**CHECK LIST**

Confirm appointment	<input type="checkbox"/>
Shave	<input type="checkbox"/>
Supportive underpants	<input type="checkbox"/>
Take pre-op antibiotic 1-2 hrs pre-op	<input type="checkbox"/>
* Transport	<input type="checkbox"/>
Payment	<input type="checkbox"/>

\* As sedation is given please arrange for someone to drive you home after the operation. The operation usually takes 90 minutes.