

## Information for Patients

# Post-operative advice for men following Surgical Sperm Retrieval

### When can I leave hospital?

Your condition will be checked by one of the Reproductive Medicine medical or nursing team to see you have sufficiently recovered from your anaesthetic. We would need to know that you have passed urine comfortably, have been able to eat and drink without any nausea or vomiting, and that you are able to walk steadily without assistance.

### Are there any precautions I should take after the operation?

Although you will probably feel fine, judgement is impaired after an anaesthetic. You should therefore:

- Be driven home by your partner or other companion.
- **Do not** drive any motor vehicle, ride a bicycle, or operate any machinery including domestic appliances within 24 hours of the anaesthetic. Please inform your insurance company before driving.

### What should I expect following surgical sperm recovery?

You should be able to leave hospital after the operation and resume full normal physical activities after 7-14 days. We would advise you to wear the hospital scrotal support continuously for 48 hours (including overnight) from the day of your operation and then wear your own scrotal support (jock strap) daily (changing every day) for a further 12 days to minimise your discomfort and protect your scrotum and testes. We advise that you refrain from sexual activity for at least one week.

The stitches that are used to repair any incisions made in your scrotum to gain access to your testis will be dissolvable and will not usually need to be removed. However, if the stitches have not separated away after 14 days, we would advise you have them removed either in the treatment room at your GP's surgery or here in the IVF clinic. The free ends of your skin stitches will have been left long to simplify their removal if necessary. Most

men will get some mild discomfort or aching for a couple of days. It is advisable to take simple pain relieving medications such as paracetamol or codeine regularly, every six hours or Ibuprofen every eight hours with food for 48-72 hours after your operation. Please do not exceed the manufacturer's dosage instructions.

## What are the possible complications after surgical sperm recovery?

The commonest complications are infection or a haematoma (a collection of blood) within the scrotum. A haematoma will usually cause a swelling and deep purple discoloration but the risk of this is minimised by you wearing your scrotal support after your operation.

Infection will usually cause increasing tenderness and there may be cloudy discharge from around the dissolvable stitches in your scrotum. Both of these may cause an increase in pain, usually within 2-4 days after the procedure.

**If you suspect either of these problems is developing, you should contact the Department of Reproductive Medicine or your own GP as soon as possible.**

The Department of Reproductive Medicine can be contacted 7 days a week between 8.00 am and 4.00 pm on (0161) 276 6770.

Out of hours you can contact Ward 62 (Gynaecology Ward) on (0161) 276 6105 for advice.

## Can I have a bath?

Showers are fine. Avoid baths if possible. If you prefer a bath then for the first seven days after your operation, kneel in a shallow bath, do not soak the wound.

## Other information:

You should wear your scrotal support for 7-14 days after your operation and particularly if going for long walk. You can resume normal activities within 1-2 weeks but you need to be mobile during this time to reduce the risk of blood clot formation.

Also during the first seven days and sometimes maybe longer, avoid lifting and protect the wound. Please avoid flying or extreme sports for at least 1-2 weeks. This will help reduce the chances of you developing chronic testicular pain.