



Surgical Sperm Retrieval – Pre and Post Instructions for Patients

Please carefully read and follow the instructions below. If you do not complete the steps below, your surgery may need to be rescheduled.

Prior to Surgery:

1. Book an appointment with the doctor to review the results of the surgery.
2. Make sure that your infectious disease testing has been done within 12 months, prior to surgery.
3. Stop all blood thinners including aspirin and/or any herbal products at least 10 days prior to surgery (unless otherwise indicated by your doctor). Advil, Ibuprofen, Naproxen and any other NSAIDs (non-steroidal anti-inflammatories) should be avoided for at least 48 hrs prior to surgery.

Morning of Surgery:

- Please shave/trim hair on the scrotal sac and have a shower.
- Don't use any lotions, creams, powders, cologne or any perfumed products.
- Eat a light meal in the morning, at least 1 hour prior to surgery.
- Bring an athletic supporter (snug fitting) on the day of surgery. This is important to decrease swelling and discomfort after surgery.
- Plan for someone to drive you home from the clinic.
- Arrive several minutes before your scheduled surgery and check in. Bring your health card and make sure you have photo ID with you.
- Be prepared to provide payment.
- You will be asked to change into a patient gown.
- You will meet your surgeon and sign a consent form.
- The surgery is done using a local anesthetic.



After the Surgery:

- You may have mild pain and tenderness in your scrotum for a few days. You may also have mild bruising (a “black and blue” appearance) and mild swelling on your scrotum. This is normal and should go away over the next week.
- Apply cold packs regularly for 1-2 days. Do not apply for more than 20 minutes at a time. Do not apply the cold pack directly on the skin and be extra careful when applying the cold pack when you are still numb.
- You may shower 24 hours after the surgery but make sure to keep the site clean and dry.
- Cover the site with clean gauze pads regularly for 2-3 days. You may notice a small amount of blood on the gauze.
- If stitching was used, the stitches are absorbable and do not require removal.
- You can resume light activity 2-3 days after but avoid sports, lifting and heavy work for a week.
- You can resume sexual activity 1 week after your surgery.

Seek medical attending if you have any of the following:

- Signs of infection such as puss at the site, fever, chills
- Redness, swelling, pain or bleeding that is getting worse
- Difficulty urinating