



# OriginElle

Fertility Clinic & Women's Health Centre



## **AFTER YOUR SURGICAL SPERM RETRIEVAL**

Your incision(s) should heal easily following your procedure however; you probably have questions about the following:

### **Immediate post operation recovery**

Given that the effects of the anesthesia may linger for most of the first day, you will not be allowed to drive yourself home. Please notify the OriginElle Clinic if you experience effects of anesthesia after the first day.

You are also advised to rest in bed the day of the procedure to help minimize pressure on the incision. The application of ice in the first 24 hours will help reduce swelling. During this period, keep applying ice alternating 20 minutes "ON" with 20 minutes "OFF".

### **Pain**

It is normal to experience mild to moderate discomfort following your procedure. Again, the application of ice will numb the incision. You may be prescribed some pain medication which will minimize your discomfort. Note that increasing pain, particularly after the second day is not usual.

### **Wound care**

The incision requires no special care but should be kept clean and dry. You may remove any large gauze dressing tomorrow and may shower after 24 hours. Any small or very sticky bandages will usually come off themselves or may be removed within a week. The stitches will fall off on their own and they do not have to be removed.

Infection is uncommon, but be aware of the symptoms: thick discharge from the incision, fever, increased redness/swelling of the incision, and/or increased pain. Contact your doctor if you experience one of these symptoms.

Note that an active bleeding from your incision is not normal.

### **For the first weeks**

In the first two weeks after your surgery, you may shower but you should avoid tub baths and swimming pools. It is also suggested that you wear briefs instead of boxers for the first two weeks after surgery.

### **Follow up**

Generally no follow up visit is necessary however; if you have any concerns following your procedure, please contact your urologist or the OriginElle Clinic at 514.369.0688.