

O Shot ® before procedure instructions:

- Carefully and completely shave your pubic area before your visit.
- Clean the area gently prior to visit
- Drink plenty of water 2 hours before your blood is drawn. The goal is to drink ½ your body weight in ounces of water each day
- Eat a no fat diet 12 hours before your blood is drawn.
- Avoid any food for 4 hours before procedure.
- For Further information on PRP, download the Platelet Rich Plasma Instructions from the website.

Congratulations on your O-Shot Procedure!

O Shot ® after-care Instructions

- There is little to no down-time following your O Shot ® procedure
- You may return to work the same day following your procedure.
- You may still feel numbness in the area for several hours following your procedure.
- Please do not use aspirin or other NSAID pain relievers (Advil, Motrin, Aleve) for one week after the procedure. You may use acetaminophen (Tylenol) as directed on the label and /or apply an ice pack to the area for any discomfort.
- We recommend waiting three days before intercourse or using tampons.
- Most patients will notice an immediate improvement in sensation, but it may take several weeks to achieve maximum result. If you have a history of bladder/stress incontinence, this should improve within a few days of your procedure.
- Consider Pelvic Floor Physical therapy. Most women have lost muscular tone in their pelvic floor, the O-shot can be beneficial to reducing bladder leakage, but its benefit is augmented by strengthening the muscles that help control the bladder
- Consider Bio-identical Hormones, which also assist with repair of the tissues.

