

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 half your body weight in ounces of water each day.
- Eat a no fat diet 12 hours before your blood is drawn.
- Fast (avoid any food) for 4 hours before your blood is drawn.
- **DO NOT TAKE** any aspirin or NSAIDS (nonsteroidal anti-inflammatory drugs) such as Ibuprofen, Aleve, Advil, Motrin, Naprosyn, Celebrex, etc) within 2 weeks prior to treatment.
- Please download the Platelet Rich Plasma Instructions from the website for further information on PRP.

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 (Ibuprofen, Aleve, Advil, Motrin, Naprosyn, Celebrex, etc) 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 Bioidentical Hormones, which also assist with repair of the tissues.

(updated 2/11/22)