

O-Shot® (PRP/PRF)

Frequently Asked Questions + Pre & Post Care Instructions

What Is the O-Shot?

The O-Shot is a regenerative treatment using **Platelet-Rich Plasma (PRP)** or **Platelet-Rich Fibrin (PRF)** derived from your own blood. Growth factors are concentrated and injected into specific areas of the vulva and vaginal tissue to support:

- Improved sexual arousal and sensation
- Enhanced lubrication
- Stronger orgasms
- Reduced urinary leakage
- Improved tissue health and blood flow.

Because the treatment uses your own platelets, it is natural and biocompatible.

How Does PRP/PRF Work?

Platelets contain growth factors that stimulate:

- Collagen production
- Increased blood supply
- Nerve sensitivity
- Tissue regeneration.

PRF differs slightly from PRP in that it releases growth factors more gradually and contains fibrin scaffolding, potentially enhancing longevity.

What Areas Are Treated?

Typically:

- Clitoral complex
- Upper vaginal wall (G-spot region).

Local numbing is applied prior to injections to minimize discomfort.

When Will I Notice Results?

- Some patients notice increased sensitivity within a few weeks.
 - Peak results typically occur around 6–12 weeks.
 - Results may last 9–18 months depending on individual factors.
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How Should I Prepare for My O-Shot?

5–7 Days Before Treatment

Avoid medications and supplements that increase bleeding risk unless medically necessary:

- Aspirin
- Ibuprofen (Motrin®, Advil®)
- Naproxen (Aleve®)
- Fish oil
- Vitamin E
- Garlic supplements
- Gingko biloba
- Flax oil.

If you take prescription blood thinners, consult your prescribing provider.

3 Days Before Treatment

- Avoid alcohol
 - Minimize caffeine
 - Avoid smoking (smoking impairs healing and reduces effectiveness)
 - Increase hydration (at least 64 oz water daily).
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Day of Treatment

- Eat a light meal (do not fast)
 - Stay well hydrated
 - Shower beforehand
 - Avoid intercourse the morning of your procedure
 - Wear comfortable clothing.
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What Should I Expect After Treatment?

Most patients return to normal activity immediately. Mild temporary effects are common.

Normal Post-Treatment Symptoms

- Mild swelling
- Tenderness
- Bruising
- Sensitivity
- Light spotting.

These typically resolve within a few days.

Post-Treatment Instructions

First 6–8 Hours

- Do not touch or manipulate the treated area
 - Avoid applying lotions or creams unless directed
 - Avoid heat exposure (hot tubs, saunas).
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First 24 Hours

- You may shower
- Avoid strenuous exercise
- Avoid prolonged sitting on hard surfaces if uncomfortable.

First 3 Days

- Avoid:
 - Alcohol
 - Smoking
 - Anti-inflammatory medications (NSAIDs)
 - Excessive heat exposure
- Continue good hydration.

Acetaminophen (Tylenol®) may be used for discomfort.

Sexual Activity

- Most patients may resume intercourse within 24 hours
 - If tenderness persists, wait until comfortable.
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When Should I Call the Clinic?

Contact us if you experience:

- Severe swelling
 - Increasing pain
 - Fever
 - Unusual discharge
 - Persistent bleeding.
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Tips for Maximizing Results

- Stay hydrated
 - Avoid smoking
 - Consider pelvic floor therapy if indicated
 - Maintain hormonal balance (estrogen/testosterone optimization may enhance results)
 - Follow up if booster treatments are recommended.
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Who Is a Good Candidate?

Women experiencing:

- Decreased libido
 - Difficulty achieving orgasm
 - Vaginal dryness
 - Mild stress urinary incontinence
 - Postpartum tissue changes
 - Perimenopausal or menopausal changes.
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Who Should Avoid Treatment?

- Active infection
- Pregnancy
- Platelet disorders
- Uncontrolled medical conditions.

A full consultation is required prior to treatment.

Final Thoughts

The O-Shot is a regenerative, minimally invasive option for women seeking improved sexual wellness and tissue health. Results vary, but many patients report meaningful improvement in sensitivity, function, and confidence.