



O-SHOT Orgasm/Urinary Incontinence Shot Treatment

Pre-Treatment Instructions:

- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000 mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days before procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising
- AVOID the Systemic use of corticosteroids for 1 week before the procedure.
- AVOID Alcohol and Cigarettes for 5 days before the procedure.
- HYDRATE very well the day before and the day of the procedure for ease of blood draw.
- Please notify the doctor if you have had herpes in the past in order to receive antiviral treatment prior to therapy.
- If you develop an infection, rash or any acute inflammation in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.

On the Treatment Day:

- Blood is drawn and PRP is processed.
- Topical numbing cream is applied to injection site(s). Additional lidocaine may be injected after topical numbing attained.
- PRP is processed, activated and injected into 3-4 areas.

Post-Treatment Instructions:

- Mild bruising and irritation may occur.
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000 mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days after the procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 5 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.

Contraindications to PRP: Platelet or bleeding disorders, active local infections, oral isotretinoin, poor wound healing, local cancer or metastatic disease.

Contraindications to Topical Anaesthetic: Pregnancy, breastfeeding, liver disease, PABA allergies, sulfonamide allergies, methaemoglobinaemia, pseudocholinesterase deficiency, and arrhythmia medications.

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