

## PLATELET RICH PLASMA O-SHOT™ PRE AND POST CARE

Platelet Rich Plasma (PRP) is a non-surgical medical therapy that uses ingredients from your own blood to release active growth factors that naturally stimulate regeneration and rejuvenation of cells and tissues. When injected into the vagina, vulva, G-spot and clitoris this can improve the ability and the intensity of vaginal orgasms, increase clitoral arousal, increase libido, increase vaginal lubrication and elasticity, decrease/resolve bladder leakage and decrease/resolve pain during sex.

If this is your first time attending our clinic we advise booking a sexual health consult with our doctor to address any sexual health issues you may have and the relevant tests and therapies available.

### Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, niacin, vitamin E and omega-3 fatty acids. Panado is acceptable to use.
- PRP relies on an inflammatory process which is prevented if you take anti-inflammatories.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising.
- Keep well hydrated the day before the procedure and following your treatment.
- 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. Contact us if you are uncertain.
- Please notify the doctor if you have had herpes in the past in order to receive antiviral treatment prior to therapy.
- **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, sulphonamide allergies, methaemoglobinaemia, pseudocholinesterase deficiency, and arrhythmia medications.

### Day of Treatment

- Local anaesthetic cream is applied to the area to numb the injection sites and ensure that it is not painful. Please arrive 20 minutes early for your appointment if you would like extra time with the numbing cream on.
- A blood sample is taken and processed in the centrifuge, after which it is injected into specific sites.
- You will be given a pad to avoid any product on your under garments
- You are able to return to work the same day as the procedure.

### Post Care Instructions

- Immediately after the procedure the area will feel a bit swollen and enlarged.
- Mild bruising may occur and should resolve in 3-4 days.
- Wait 2 days before having sex or using a tampon.
- Avoid anti-inflammatory medication and blood thinners for the first week post procedure as this may affect the PRP. You may use Panado if needed.
- Assisted devices such as V-Sculpt Pro will enhance the results. FemiLift Laser Rejuvenation performed in combination with O-shot™ may also be indicated. This is addressed during the consultation with the doctor.
- Results are often immediate but some patients will need to wait a few weeks for maximum results.
- If you experience any unexpected side effect or have queries following treatment please do not hesitate to contact your doctor immediately on 087 806 870.