



O-Shot FAQ

What is the O-Shot?

The O-Shot is a precise injection of platelet rich plasma in the vaginal area to improve a plethora of female sexual health concerns.

What is Platelet Rich Plasma (PRP)?

Platelet Rich Plasma, or PRP, is an incredible tool for rejuvenation! Your blood is drawn from your arm in our office, then put in a centrifuge for spinning. The spinning separates the parts of your blood, leaving the platelet rich plasma on the top. The PRP is then extracted from the vial and ready to use! PRP increases collagen and stem cell production, enhances circulation, and causes regeneration of nerves. PRP is liquid gold!

Who can benefit from the O-Shot?

Any female who has any of the following concerns could benefit from the O-Shot:

Vaginal dryness	Low arousal
Stress urinary incontinence (urine leakage)	Lack of orgasms
Vaginal wall laxity	Dyspareunia (painful intercourse)
Low libido (low sexual desire)	Weak orgasms
Urge incontinence	Infrequent orgasms

What does the O-Shot do?

The O-Shot causes stimulation of new stem cells, which rejuvenates vaginal tissue. This relieves many pelvic concerns by creating healthier tissue with better circulation. The healthier tissue is plump and innervated, much like the tissue in a younger woman. This results in easier, more intense, and more frequent orgasms. Patients have reported feeling more aroused with a higher desire level and decreased pain, as well as increased natural lubrication. Additionally, decreased stress incontinence (urine leakage) has also been reported in as little as one week! Ask us about even more benefits of the O-Shot!

How soon do you see the benefits of the O-Shot?

Some patients have reported more lubrication during intercourse and higher level of arousal the day after the injection! The benefits are most commonly seen within two to three weeks of the injection, and last one to three years! Some patients choose to have another O-Shot about three months after the first injection for a more intense result.

Who is not eligible for the O-Shot?

Patients who are pregnant, nursing, have active cancer, a sexually transmitted illness, or an infection are not eligible for the O-Shot.



Patients must not currently be on their cycle during their O-Shot procedure.

How long is an appointment for the O-Shot?

The appointment consists of a full consultation, including medical history. If you are determined to be an appropriate candidate for the procedure, you can either be scheduled at a convenient date or we can get started! A numbing cream is applied, then your blood is drawn. The blood spins for 10 minutes and then the injection can begin. The actual injection takes less than 5 minutes. Expect your full appointment with consultation to last about 30 minutes.

Is the O-Shot painful?

Numbing cream is applied prior to injection to ensure the patient's comfort. There is very little discomfort during the procedure, surprisingly! Patients are commonly very apprehensive due to the intimate nature of the procedure and fear of an injection in a sensitive area. Our professional nurse practitioners who complete the procedure are licensed and certified to perform the O-Shot. They take your concerns seriously and work with you to ensure you are comfortable for the duration of your appointment.

What are the risks or adverse effects associated with the O-Shot?

The risks of the O-Shot are very low. There have not been any reported cases of an allergic reaction to PRP, likely because the product is rendered from your own blood. The only adverse effect reported by a very small percentage of patients (less than 1%) is worsening of urinary incontinence in the first week after injection followed by a substantial improvement. The risks include infection at the injection site and allergic reaction to the numbing cream. These risks have a very low incidence rate, as the procedure is done in a sterile manner and a thorough medical consultation can exclude participation for patients with a numbing cream allergy.

Is there a guarantee the O-Shot will solve my concerns?

As with anything in medicine, there are no guarantees. However, the O-Shot studies have shown up to 95% of women enjoy sexual function improvements soon after treatment. The O-Shot is 90% effective in treating urinary stress incontinence. The O-Shot is also shown to be effective in treating urge incontinence. Some patients may require a second injection in 6-12 weeks to ensure the procedure has the desired effect.

What are after care instructions for the O-Shot?

After care for the O-Shot is quite simple! As with any injection, patients can expect minor pinpoint bleeding and/or tenderness at the injection sites. A pantyliner may be used to protect your clothing. Keep the area clean and dry. You may resume sexual activity after 24 hours.