



O-shot

Regenerative medicine uses Platelet Derived Growth Factors (PDGF) to stimulate new tissue. The O-Shot is a very specific way of preparing and injecting PDGF into the periurethral spaces and into the clitoris for the recovery of sexual function and for the treatment of urinary incontinence. Meredith performs the advanced O-Shot technique, by placing multiple injections of PDGF into the vagina, clitoris, and skene's glands. The result is stimulation of stem cells, fibroblasts and collagen which increase blood flow, sensitivity and lubrication (increased sexual arousal) and ease incontinence. This painless procedure takes minutes to perform and can be a stand-alone treatment or adjunct to diVa laser vaginal therapy and hormonal therapies.

BEFORE: The week before having the treatment (for best results):

1. 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 4000mg in a 24 hour period).
2. AVOID the following nutritional supplements for 5 days before procedure -- Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
3. AVOID the Systemic use of corticosteroids for 1 week before the procedure.
4. AVOID Alcohol and Cigarettes for 5 days before the procedure.
5. HYDRATE very well the day before and the day of the procedure for ease of blood draw.

DURING: The day of the procedure:

1. All paperwork will be completed
 - Personal Medical History and Symptom Questionnaires and Informed Consent
1. Blood is drawn and PRP is processed Topical numbing cream is applied to injection site(s)
2. PRP is processed, activated and injected

AFTER: The week(s) after the procedure (for best results):

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