



## Post-Care Instructions

After an O-Shot procedure, you can expect to experience some mild discomfort, swelling, or bruising in the treated area. You can take Tylenol (acetaminophen) for pain relief, but you should avoid aspirin or NSAIDs like Advil, Motrin, and Aleve. You should also avoid the following for three days after the procedure:

- Sexual intercourse
- Using tampons
- Engaging in strenuous exercise
- Bathtubs, pools, lakes, or hot tubs

You can resume most of your normal activities immediately, including showering. However, you should contact your healthcare provider if you experience any bleeding, fever, extreme itching, or drainage from the treatment area.

Here are some other things you can do to maintain the results of your O-Shot:

- Practice good vaginal health by using mild and pH-balanced cleansers, and avoiding harsh chemicals or irritants
- Engage in regular sexual activity to promote blood flow to the clitoris and vaginal tissues
- Consider additional treatments to achieve and maintain the desired results

The O-Shot is a very safe procedure with few risks. The full effects develop over several weeks as the PRP stimulates tissue regeneration and healing.

***Thank you for placing your trust in Missoula Osteopathic Clinic to deliver sensitive, professional care, ensuring comfort and respect during specialized treatments like PRP therapy for intimate wellness. Please do not hesitate to reach out to the office for any questions, comments, or concerns about your procedure.***