



## PRP FEMININE REJUVENATION (O-Shot) INFORMATION

### *What is Platelet-Rich Plasma (PRP) and the O-Shot?*

Platelet-Rich Plasma (PRP) is the straw colored fluid of the blood that is rich in nutrients, including growth factors to stimulate and rebuild soft tissue. Collecting and redistributing PRP has many applications where tissue repair is needed, including skin, hair and intimate tissue of the vulva and vagina. Essentially, PRP uses the resources of one's own body to promote growth and enhance healing.

### *PRP for Feminine Rejuvenation and Pelvic and Sexual Dysfunction.*

With over 9000 studies of the past 15 years, the value of PRP is a proven and effective therapy for regenerating tissue. For feminine rejuvenation, PRP is colloquially known as the "O-shot" for the improvements observed with female orgasm. As importantly, Feminine rejuvenation with PRP improves the structure and function of the vulva, vagina, and surrounding pelvic structures muscles and bladder. Feminine rejuvenation with PRP improves sexual satisfaction, vulvar appearances, vagina atrophy and incontinence.

Feminine rejuvenation with PRP can be used alone or in conjunction with other treatments, such as Thermiva or other light-based vaginal rejuvenation.

### *Treatment Process.*

A physical exam and up-to date Pap smear is required prior to an O-shot treatment series. We only offer feminine rejuvenation for women in a disease free state.

The treatment areas is prepped with a topical numbing cream. The platelet-rich serum is collected from one's own blood drawn from the arm. PRP is delivered to stressed tissue with precise injection using fine needles.

Feminine rejuvenation is generally very well-tolerated procedure with minimal pain. A light meal or snack about one hour before treatment is recommended. Let us know if you are squeamish about needle sticks and blood.

Signals for tissue repair start immediately, and Improvements are generally observed in 2-3 weeks reaching its full effect in 2-3 months. A series of 3 treatments are recommended at 8 week intervals.

### *Risks.*

#### **Possible side effects include:**

- \* Early decreased sensation (7-10 days)
- \* Early hyperexcitability with strong orgasm
- \* Mild to moderate swelling / throbbing
- \* Temporary urinary frequency & urgency
- \* Temporary arousal with urination
- \* Temporary burning, itching, spotting

#### **Rare adverse effects include:**

- \* Temporary insatiable hyperarousal (3 weeks)

### *Benefits.*

Improved sexual function  
Aesthetic improvement  
Improvement of thinning, dryness and other atrophic changes  
Improvement of urinary incontinence  
No adverse risk profile

### *Adjunctive Treatment Options.*

ThermiVa or Mona Lisa laser treatment

### *Contraindications for PRP:*

**\* Cervical cancer and other skin cancers of treatment area. \* Unresolved abnormal Pap smears. \* Vulvar intraepithelial neoplasia (VIN). \* Blood disorders and platelet abnormalities. \* Chemotherapy. \* Steroid therapy. \* Anticoagulation therapy.**

### *Cost for O-Shot.*

**Pre-visit:** We will bill your insurance company. If you don't have insurance, \$200 is due at the time of your visit. You will be responsible for lab tests not covered by insurance.

**O-Shot visit:** This visit is \$800. A \$400 credit card deposit is due at the time of booking, and the balance is due on the day of the visit. Your deposit is non-refundable, but can be applied to future services within 12 months.