



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 for three days prior to your procedure.** The quality of your PDGF is dependent on your hydration status..
6. All paperwork in your portal should be completed including a personal medical history, symptom questionnaires and informed consent.

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.

Please call the office if you have any concerns following your treatment. Thank you for choosing New Life Aesthetics for your care!

919.521.8282