

# O-Shot® [Orgasm Shot®]

## **Contraindications:**

1. You should not have PRP treatment done if you have any of the following conditions:
  - An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
  - Skin conditions and diseases including: gynecological cancer, existing or uncured. This includes systemic cancer, radiation, and chemotherapy.
  - Active skin infection in the treatment area which includes yeast infection.
  - Recent gynecological or urological surgery.
  - Oral steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
  - If you are pregnant or nursing
  - Allergy to lidocaine

## **Pre-Treatment Instructions:**

1. 7 days before treatment:
  - Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
  - Discontinue all vaginal creams 2 days prior to the procedure date.
  - If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
  - Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
  - You may use Tylenol (acetaminophen) as needed prior to the treatment.
  - Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
  - AVOID alcohol consumption for 7 days prior to the procedure. Alcohol is a blood thinner and affects platelets negatively.
  - If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
  - For 7 days prior to the procedure, drink half of your body weight in ounces daily.
  - If possible, a short 20-minute jog/fast walk/run the morning of the procedure will increase the number of platelets in your blood and is recommended.

### **Post-Treatment Instructions:**

- Slight bruising may occur.
- Cleanse the treatment area gently with mild soap in order to wash off the anesthetic cream.
- AVOID vaginal intercourse for 24 hours post procedure
- AVOID douching or inserting chemical cleansers into the vaginal area. This may irritate the skin and prevent healthy formation of new cells.
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 7 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 3 days after the procedure.
- You MAY use your vaginal estrogen creams after 24 hours after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
- Attend 4-week follow up appointment with provider for further instructions and interventions.

### **Cancellation/rescheduling policy**

1. All bookings are non-refundable. The consultation fee for Vampire Facial®, Vampire FaceLift®, Vampire Breast Lift®, O-Shot®, P-Shot® and Hair Restoration will be applied to your procedure upon booking.
2. We understand that urgent issues which are out of your control come up. For that reason, we have a very understanding policy which allows you to reschedule your procedure without losing your procedure fee. You may reschedule up to 3 times. After the 3rd reschedule, we will not be able to refund your procedure fee. Any further bookings will be assessed as a new procedure and another fee will apply accordingly.
3. Because this procedure is personalized to you, we cannot apply your fee to another person such as a partner or friend if you cancel your procedure.
4. We ask you to be considerate to other clients and arrive 15 minutes prior to your procedure time. We have a 9-minute grace period. After 9 minutes past your procedure time, you will be rescheduled to a later time. This will count as a reschedule and the reschedule/cancellation policy will apply.
5. We have taken the time to properly assess the time needed for a thorough consultation. After your consultation time has elapsed, if you have further questions or concerns, please direct them to our Clinical Coordinator or schedule another consultation visit if you feel your concerns have not been fully addressed.