

O-SHOT GENERAL QUESTIONS

The O-Shot, or Orgasm Shot, is a non-surgical procedure designed to enhance sexual wellness and improve vaginal health in women using platelet-rich plasma (PRP). Below are common questions and answers about the O-Shot:

01

What is the O-Shot?

The O-Shot involves injecting PRP, derived from your own blood, into specific areas of the vagina and clitoris to stimulate tissue regeneration, increase sensitivity, and enhance sexual function.

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What are the benefits of the O-Shot?

Increased sexual arousal and orgasm intensity, improved vaginal lubrication, reduced pain during intercourse (dyspareunia), relief from urinary incontinence, enhanced vaginal tightness and health

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How is the O-Shot administered?

The procedure starts with a blood draw to create PRP. A numbing cream is applied to minimize discomfort, and the PRP is injected into the clitoral and vaginal areas. The process typically takes 30-60 minutes.

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Do I need to prepare for the O-Shot?

Avoid blood-thinning medications, such as aspirin or ibuprofen, for a few days before the procedure. Discuss any other medications or health conditions with your provider.

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What is the recovery time?

There is minimal to no downtime. Most women can resume normal activities, including sexual intercourse, the same day or within 24 hours.

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Are there side effects?

Side effects are typically mild and may include temporary swelling, redness, or sensitivity at the injection site. Serious side effects are rare since the PRP comes from your own blood.

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Who is a good candidate for the O-Shot?

Women with decreased sexual sensation or difficulty achieving orgasm, those experiencing vaginal dryness, women suffering from mild urinary incontinence, those with pain during sex or reduced sexual confidence

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Are there women who should not get the O-Shot?

Women who are pregnant, have active infections, or certain blood disorders may not be candidates. Always consult with your provider to determine eligibility.

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How long does it take to see results?

Many women report improvements in sexual arousal and function within days, with optimal results developing over several weeks.

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How long do the effects last?

Results can last up to 1-2 years, but individual experiences vary. Some women opt for annual treatments for maintenance.

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Does the O-Shot hurt?

A topical numbing cream minimizes discomfort, and most women describe the procedure as tolerable.

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Can the O-Shot help with urinary incontinence?

Yes, many women report improvement in symptoms of stress urinary incontinence after receiving the O-Shot.

