



O-SHOT®

NEW PATIENT INFORMATION

We are looking forward to your upcoming appointment for an O-Shot® at AgeWell. Please make sure you have completed your patient questionnaire on the AgeWell patient portal at PowerToPatient.net. If you have any questions about this please feel free to call us at 806-683-6813.

- Your appointment will last approximately 30 to 45 minutes. We will be drawing a few tablespoons of your blood to spin in an FDA approved specially designed centrifuge to obtain platelet rich plasma (PRP) for your O-Shot®. In preparation for this blood draw we'd like you to be sure and hydrate well (not overhydrate) for several days prior to your appointment.
- The doctor will give you numbing cream at the beginning of your appointment and you may elect to use Nitrous Oxide (laughing gas) during the procedure.
- You will be able to immediately return to your everyday activities, including sex.
- You may experience some light spotting for the remainder of the day.
- PRP initiates an inflammatory healing reaction in your body immediately upon injection. It is completely normal to experience any of the symptoms you might notice with the healing of a superficial wound such as itching, tingling, burning, etc.
- A sensation of arousal is not uncommon shortly following the procedure.
- O-Shot® results will come as a progression. For the first 3-7 days you may notice an immediate temporary response. This initial response will wane, however, and the PRP effects will BEGIN around the three week mark. You can expect the majority of the benefits to be seen at about three months. BE PATIENT, your body is brilliant.
- Please be sure to AVOID NSAIDS (like ibuprofen) for 5 days before to as many days as possible after the O-shot®. The immune response your body mounts after the procedure is important to its success.

