



Pre & Post Care O-Shot

Pre-Care Instructions:

The O-Shot should not be used in patients who are active smokers (reduced results), pregnant, nursing, trying to get pregnant, have experienced hypersensitivity in the past, those with severe allergies, and should not be used in areas of active inflammation or infection (cysts, pimples, rash) or blood-borne infection. This procedure should not be performed on a patient with any untreated or undiagnosed vaginal/bladder/uterine or other female related problems without approval by Dr. Watkins and your personal gynecologist. You should have had a normal gynecological exam within the last year or as recommended by your PCP/GYN.

Post-Care Instructions:

- Numbness for several hours after the procedure is normal.
- Redness/swelling/numbness/tenderness/discomfort is normal for a few days to a week.
- Spotting may occur after the treatment and is normal.
- Results can be expected immediately and up to 3-6 months after treatment depending on the individual patient's response to collagen which takes time. You may notice no effect at all in the first few weeks/months.
- Gently clean the area daily with mild soap.
- You may notice reaction from mild to intense sexual sensitivity, want/need for sex, increased sexual drive/libido.
- Sexual activity may be engaged immediately.
- Some may notice better sex immediately, while some may still have some discomfort with sex until results appear.
- Urinary incontinence may improve in the first few weeks but usually takes a month or longer to see results.
- Notify Dr. Watkins and aNu Aesthetics and Optimal Wellness if you have any problems with urination.
- You should immediately notify aNu Aesthetics and Optimal Wellness if you have any questions or concerns, or see any signs of problems (severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise). Signs of blood supply compromise include blanching or whitening/darkening/blackening of the skin, any discoloration, pain, or skin break/sloughing.
- Notify your provider at aNu if you have no results at 6 months.

Please call aNu Aesthetics and Optimal Wellness at 816.359.3310 immediately if you have any questions or concerns or see any of the above warning signs or problems.