



Pre and Post for The G-O Intimacy Shot

Pre-Treatment Instructions:

1. Please come to your appointment well-hydrated. You will have a blood draw prior to your procedure to use your own platelet-rich plasma (PRP).
2. Please avoid pre-treating with aspirin or NSAIDS pain relief medications such as Advil/Ibuprofen/Motrin, Aleve/Naproxen, Aspirin.
3. A topical numbing cream will be used to maximize your comfort during the procedure.
4. You can return to work and normal daily activities the day of the procedure.
5. Make sure the area is thoroughly cleaned with soap and water before arrival.

What To Expect

1. Expect your appointment to last 45 minutes for a lab draw, adequate numbing time, and a symptom assessment. The procedure itself takes less than 10 minutes.
2. Your treatment should cause little pain, if any. A topical numbing cream applied to the injection sites for your comfort. Some may experience a slight pinching sensation during the procedure.
3. Your own platelet-rich plasma (PRP) will be drawn and used for the treatment.
4. You may experience some sensitivity and swelling. This will subside after a few hours to a few days.
5. There is no downtime after the treatment. You may return to work after the procedure.

Post-Treatment Instruction

1. Avoid sexual intercourse, tampons, and douching for 3 days.
2. Avoid bathtubs, pools, lakes/beach, or hot tubs for 3 days.
3. You may resume your normal daily activities, including showering, post treatment.
4. You may use Tylenol (acetaminophen) and an ice pack for swelling and sensitivity post treatment. Avoid the use of Advil/Ibuprofen/Motrin, Aleve/Naproxen, Aspirin, for pain relief.
5. Adverse effects are very rare. Contact the office with any bleeding, fever, extreme itching, or drainage from the treatment area.
6. The Treatment delivers rapid results. Patients experience their final results ranging from a few days to a few weeks.
7. Most patients will notice an immediate improvement in sensation, but it may take several weeks to achieve maximum result. If you have a history of bladder/stress incontinence, this should improve within a few days of your procedure. The Treatment can provide results for up to two years.