

# JUVE

## O-Shot Pre/Post Procedure Instructions

### O-Shot Pre-Treatment Instructions

- 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).
- Please avoid pretreating with aspirin or NSAIDS pain relief medications such as Advil, Aleve, and Motrin.
- A topical numbing cream will be used to maximize your comfort during the procedure.
- You can return to work and normal daily activities the day the procedure.

### O-Shot What To Expect

- Expect your O-Shot appointment to last 30-45 minutes for a lab draw, adequate numbing time, and a symptom assessment. The procedure itself takes less than 10 minutes.
- Your O-Shot treatment should cause little pain, if any. A topical numbing cream and a local block will be applied to the injection sites for your comfort. Some may experience a slight pinching sensation.
- Your own platelet-rich plasma (PRP) will be drawn and used for the O-Shot treatment.
- You may experience some sensitivity and swelling. This will subside after a few hours to a few days.
- There is no downtime with the O-Shot. You may return to work after the treatment.

### O-Shot Post Instructions

- Avoid tampons and douching for 3 days.
- Avoid bathtubs, pools, lakes, or hot tubs for 3 days.
- You may resume your normal daily activities, including showering, post treatment.
- You may use Tylenol (acetaminophen) and an ice pack for swelling and sensitivity post treatment. Avoid the use of aspirin or NSAIDs, such as Advil, Motrin, and Aleve, for pain relief.
- Adverse effects are very rare. Contact the office with any heavy bleeding, fever, extreme itching, or drainage from the treatment area.
- The O-Shot delivers rapid results. Patients begin experiencing benefits within several hours with more consistent, noticeable results ranging from a few weeks to 3 months.
- The O-Shot can provide results for up to two years.