

O Shot Informed Consent

The O shot is a feminine rejuvenation procedure that uses platelet rich plasma injections to improve female intimate wellness. After the PRP is injected, the platelets release multiple growth factors that can improve blood flow, decrease inflammation, improve sensation and strengthen tissues. We offer low concentration and high concentration PRP for the O shot. We obtain our high concentration PRP with the Emcyte Pure PRP II system.

The O shot and PRP injections have been shown to help with:

- Bladder leaking
- Vaginal dryness
- Pain with sex from dryness
- Pain with sex from episiotomy scars (may require injections in other areas in addition to the O shot, requiring an additional tube of PRP)
- Sexual function and orgasm
- A vulvar condition called Lichen Sclerosus

After performing this procedure for over 10 years, I have seen that the results are improved when patients get 2 O shots and use the V fit gold device at home. With multiple shots, the tissue effects build on each other and our patients have been happy with their results. The O shot results can last from 12-18 months.

Hormone status can have an impact on the effectiveness of the O shot. If you have been through menopause and your sex hormones are low, bringing those levels back to normal with hormone replace can help support the effectiveness of the O shot for sexual function. Hormones have an effect on libido, orgasm and bladder support.

If you have not been through menopause and your testosterone levels are not optimal, the O shot may not give you the desired result for libido and sexual function. If you have never had an orgasm, the O shot may not succeed in helping you achieve orgasm.

This is what we will be doing as part of your O shot procedure

- PRP is drawn for processing- 10 ml draw for regular O shot, 60 ml draw for the high concentration PRP
- Dr. Kelley applies numbing cream which is left on for 15-20 minutes

- A small amount of Lidocaine is injected next to the clitoris (due to the sensitivity of this area). If you are getting the O shot plus, numbing is injected in other areas.
- Activated PRP is then injected in all sites.
- After the O shot, you go home and back to normal activities (except sex). Nothing in the vagina for 3 days. Wait 3 days to use the V fit. It is okay to bathe. It is okay to exercise.

Please initial next to the statement understanding that you understand

- The O shot is a bioregenerative and biostimulatory procedure. I must give my body a full 6-8 weeks to feel the full response of the O shot.

- The doctor recommends that 2 shots and use the V fit home device to get the best results. _____
- Orgasm in women is complex and the O shot alone may not result in more orgasms _____

Sexual function/libido and orgasm issues are complicated to address. These issues can be impacted by hormones, stress, medical conditions, emotional state and the the status of our relationships. If there is any history of sexual trauma or any other abuse, there may be a need to have therapy and counseling in order to improve sexual function.

If your testosterone level is low, the shot may not improve libido and orgasm. Sensation and interest can change after having children and high stress.

We, as women, are typically caretakers and tend to not put ourselves first. Having a healthy lifestyle-eating healthy and exercise and help with a sense of well-being and confidence. This can translate into having healthy sexual function.

The O shot is not a magic bullet cure all. Each of us is an individual, but typically, it is necessary to address multiple issues to optimize sexual function. Two shots are recommended along with the home device, the V fit.

Incontinence is a very common problem and can be related to aging, hormone imbalances, family history and a history of physical activity that causes increase pressure in the abdomen and on the pelvic floor i.e. parachuting, running, cheerleading, basketball, gymnastics and running. This problem occurs in women

of all ages. The O shot is a nice, nonsurgical treatment option. Two shots are recommended along with the home device, the V fit.

Lichen sclerosus is a medical condition that results in irritation and thinning of the skin of the vulva resulting in bleeding and pain with sex. The procedure for treatment lichen sclerosus includes injections into affected areas. Multiple sessions, typically 3 are recommended for this condition.

The risks from the O shot are:

- Mild spotting
- No improvement
- Pressure in the clitoris immediately after the injection

Please initial here that you understand the risks of the O shot. _____

We hope that with the injection that a matrix will be set up that attracts stem cells to the areas of injection. It is best to abstain from sexual activity for 72 hours. Do not take any anti-inflammatory medications like Advil, Aleve or Aspirin. They can interfere with the wound healing response that is needed for the O shot to work.

By signing below, I state that I am 18 years of age or older, or otherwise authorized to consent. I understand the information on this form and give my consent to what is described above. All my questions have been answered and I give consent to receiving the O shot. I understand that it takes 6 weeks to see the full result from the O Shot and O Shot plus.

Patient _____ Date _____

Physician _____ Date _____