



The O-Shot®

The O-Shot is a promising, non-surgical approach to helping women restore and enhance their sexuality. It is used to increase sexual arousal and rejuvenate the vagina including to help eliminate bladder leakage experienced by many women, particularly after childbirth. Perhaps you have heard of the "Vampire Facial". The O-Shot is a non-surgical office treatment using the same PRP injections used in the "Vampire Facials." The procedure sources your own platelet-rich plasma (PRP) by harvesting your body's own growth hormones using a simple blood draw and spinning in a centrifuge extracting the richest platelets. Platelets are responsible for blood clotting and are powerful components of our body's natural healing system. When we experience a wound, platelets rush to the site of the wound signaling for additional help from cytokines, prostaglandins, and growth factors so wound healing can begin. PRP offers a concentration of growth factors 5-10 times greater than usual and has been used widely for wound healing since the 1970's. PRP is nothing new, however, it has become more widely talked about with use by professional athletes like golfer Tiger Woods and tennis star Rafael Nadal who have used PRP for injuries helping them return to their game sooner. More recently PRP has been adopted as a use for the "Vampire Facial" developed by Dr. Charles Runels and trademarked in 2011 leading Dr. Runels to the development of the O-Shot and applying PRP to the vaginal walls. For those with other conditions where your own blood isn't able to supply enough platelet-rich plasma, stem cells are used and supplied by Regenerative Medicine.

Both platelet-rich plasma and stem cells increase the blood supply to the area injected boosting collagen, elastin, and cellular turnover. This increased blood flow impacts the vagina helping increase lubrication, heighten sensitivity, and sexual pleasure. Using your own platelet-rich plasma (PRP) or stem cells provided by Regenerative Medicine, these injections help to tighten the vaginal walls and provide relief from urinary incontinence. Women report greater arousal from clitoral stimulation, stronger and more frequent orgasms, increased sexual desire, and improvement of vaginal dryness and helps to eliminate painful intercourse often accompanied with aging.

What Is The Procedure & Is It Painful?

Once your blood has been drawn and the centrifuge has extracted your own platelet-rich plasma (PRP) you now have your O-Shot. If your own blood isn't able to supply enough platelet-rich plasma, stem cells are used and supplied by Regenerative Medicine. There is no need to be concerned regarding pain and will have little to no discomfort. Your

provider will use a powerful numbing agent in the vaginal area to desensitize before injecting the O-Shot in specific areas of the vagina including the upper vaginal wall and the clitoris. The entire procedure takes about an hour.

What Is The Healing Time?

The good news is there is zero downtime.

Reported Benefits From The O-Shot:

- Decreased urinary incontinence
- Increased natural lubrication
- Tighter vaginal opening
- Smoother & plumper skin on the lips of the vagina
- Greater arousal from clitoral stimulation
- Stronger sexual desire
- Increased ability to have an orgasm
- Stronger orgasms
- Decreased pain during intercourse

Once you have had the O-Shot, the powerful effects of using your own platelet-rich protein (PRP) or stem cells provided by Regenerative Medicine begin to activate tissue regeneration in the same way your body normally heals with a cut or scrape. The enhanced sexual response is immediate and will continue to increase in the following weeks. You will begin to feel a heightened sensitivity of your clitoris and vagina and an overall heightened sexual arousal.

Are you ready to take control of your sexual health and improve your sexual experience. The O-Shot can help you put the "O" back into your orgasms.